

# RecConnect

WAKE

FOREST

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WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES  
SEPTEMBER 2020-FEBRUARY 2021

**EVENTS | PROGRAMS | ATHLETICS**



# WELCOME



## Meet our Park Maintenance Supervisor

**Anthony McKeand** serves as one of the Town's Park Maintenance Supervisors. Park maintenance oversees all the parks, ball fields, greenways and playgrounds. Anthony has been with Town of Wake Forest since 2018.

Anthony was born and raised in Raleigh, North Carolina and was a talented soccer player growing up. After high school, Anthony worked in the golf industry, helping to build golf courses in Florida and in North Carolina. He also worked in the landscaping business. This work experience is where he found his passion and love of being and working outside. Anthony

earned his Associate's degree from NC State University in Turfgrass Management in 2012; one of the highlights of his degree program was an internship with the Washington Nationals.

In his spare time, Anthony enjoys spending time outdoors at the coast or in the mountains with his wife of 10 years, Emily, and their two wild and fun children, Gracie (7) and Grady (5). He is a devoted N.C. State and Cubs fan.



## Program registration begins Aug. 1

Register for programs at any staffed site or online at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). Online registration closes two business days before the start of a program.

### STAFFED REGISTRATION SITES:

- **Joyner Park Community Center (JPCC)**, 701 Harris Road, Mon-Fri 6 am-10 pm, Sat 8 am-4 pm, Sun 1-5 pm
- **Flaherty Park Community Center (FPCC)**, 1226 N. White St., Mon-Fri 8 am-10 pm, Sat 8 am-4 pm, Sun 1-5 pm *payments by checks and credit/debit cards only*
- **Alston-Massenburg Center**, 416 N. Taylor St., Mon-Fri 12-8 pm, Sat 8 am-4 pm, Sun 1-5 pm *payments by checks and credit/debit cards only*

## Rec Card required to access amenities at PRCR facilities

Wake Forest residents and non-residents ages 11 and older must have a Recreation Card (Rec Card) to access amenities offered at all PRCR facilities including Joyner Park Community Center. Those without a Rec Card may visit PRCR facilities any time, but a Rec Card is required to access the amenities.

### Amenities that require a Rec Card:

Indoor walking track, cardio equipment, exercise room, open gym times for volleyball, basketball and pickleball

### Rec Card Fees:

**RESIDENTS:** Free. **NON-RESIDENTS:** \$25 (individual), \$50 (family). **DROP-IN FEE:** \$5. **REPLACEMENT FEE:** \$5 for lost or stolen cards.

### To Obtain a Rec Card:

1. Create a profile at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)
2. Visit the JPCC, FPCC or the Alston-Massenburg Center to have your picture taken and present proof of residency.

**Expiration:** Rec Cards are valid for one year from date of purchase and must be renewed annually.



**Wake Forest Parks, Recreation & Cultural Resources Department**  
701 Harris Road, Wake Forest, NC 27587  
919-435-9560  
fax 919-435-9499  
[wakeforestnc.gov](mailto:wakeforestnc.gov)

**Office Hours**  
Monday-Friday, 8 am-5 pm

**Director**  
Ruben Wall  
919-435-9561  
[rwall@wakeforestnc.gov](mailto:rwall@wakeforestnc.gov)

**Athletics & Aquatics Superintendent**  
Edward Austin  
919-435-9562  
[eaustin@wakeforestnc.gov](mailto:eaustin@wakeforestnc.gov)

**Athletics Specialist**  
KP Kilpatrick  
919-435-9457  
[kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov)

**Programs Superintendent**  
Monica Lileton  
919-435-9563  
[mlileton@wakeforestnc.gov](mailto:mlileton@wakeforestnc.gov)

**Recreation Specialist - Specialized Programs**  
Kelly Schurtz  
919-435-9559  
[kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov)

**Recreation Specialist - Special Events**  
Suja Jacob  
919-435-9558  
[sjacob@wakeforestnc.gov](mailto:sjacob@wakeforestnc.gov)

**Maintenance Superintendent**  
Joshua Glover  
919-554-6184  
[jglover@wakeforestnc.gov](mailto:jglover@wakeforestnc.gov)

**Office Assistant**  
Rosemary Pimentel  
919-435-9564  
[rpimentel@wakeforestnc.gov](mailto:rpimentel@wakeforestnc.gov)

**Alston-Massenburg Center**  
416 N. Taylor St. | 919-554-6189  
CENTER MANAGER Garrett Bryant  
[gbryant@wakeforestnc.gov](mailto:gbryant@wakeforestnc.gov) | 919-554-6189

**Flaherty Park Community Center**  
1226 N. White St. | 919-554-6726  
CENTER MANAGER Grayson Pridgen  
[gridgen@wakeforestnc.gov](mailto:gridgen@wakeforestnc.gov) | 919-554-6726

**Joyner Park Community Center**  
701 Harris Road | 919-435-9560  
CENTER MANAGER Cindi King  
[cking@wakeforestnc.gov](mailto:cking@wakeforestnc.gov) | 919-435-9557  
RECREATION SPECIALIST Shawn Monday  
[smonday@wakeforestnc.gov](mailto:smonday@wakeforestnc.gov) | 919-435-9554

**Wake Forest Renaissance Centre for the Arts**  
405 S. Brooks St. | 919-435-9458  
CENTRE MANAGER Debbie Dunn  
[ddunn@wakeforestnc.gov](mailto:ddunn@wakeforestnc.gov) | 919-435-9567  
CENTRE SPECIALIST Debra Horton  
[dhorton@wakeforestnc.gov](mailto:dhorton@wakeforestnc.gov) | 919-435-9566

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens by promoting health and wellness through diverse, safe, accessible, and culturally enriching recreational opportunities.



**COVID-19** Due to the ever-evolving situation surrounding COVID-19, PRCR-sponsored programs and events are subject to change with limited notice. Wake Forest officials will continue to closely monitor updates and follow guidelines from the Wake County Health Department, N.C. Department of Health and Human Services (NCDHSS) and the Centers for Disease Control (CDC). Guidelines have been implemented in protocols established by the Town to address potential exposure to the coronavirus and protect our community and staff.

Please be sure to check the Town's website or call the Park, Recreation & Cultural Resources Department for an update on the status of programs and events.

# EVENTS

## AND COMMUNITY ACTIVITIES



### Wake Forest Unplugged

Disconnect from your electronic devices and join other Wake Foresters for an afternoon of free games and activities. Make it a day and stay for Concert in the Park beginning at 5 pm. Wake Forest Unplugged is sponsored and coordinated by the Wake Forest Recreation Advisory Board.

Joyner Park	Sep 6	Su	4:00-6:00 pm	free	all ages
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### Concert in the Park

Enjoy a free outdoor concert sponsored by the Wake Forest Parks, Recreation and Cultural Resources Department. On Sept. 6, Caribbean band Sensory Expressions will play a range of music from Jazz, R&B, reggae and soca. The sensual sounds of their steel drums will soothe your soul. On Sept. 13, the Retro Band will get you up on your feet with the well rounded sounds of their fire horn line. The band hails from Burlington, NC and is comprised of like minded musicians from different backgrounds.

Joyner Park	Sep 6	Su	5:00 pm	free	all ages
Joyner Park	Sep 13	Su	5:00 pm	free	all ages

### Midday Music at Centennial Plaza

Area residents are invited to enjoy local musical talent at Centennial Plaza in front of town hall during the lunch hour. Assorted dessert food truck vendors will be onsite during each concert. Bring a bag lunch or visit an area restaurant and enjoy the music!

WF Town Hall	Sep 3-24	Th	12:00-1:00 pm	free	all ages
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### Father-Daughter Dance

Celebrate the special bond that fathers and daughters share with an evening of fun at the Town of Wake Forest's annual Father-Daughter Dance. Treat your daughter to a night of music, dancing and memories that she will have for a lifetime. This year will be a country western theme including music, entertainment and heavy refreshments.

WFCH	Sep 18	F	6:30-8:30 pm	\$40/couple \$25/couple RD*	ages 3+
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\*Additional children are \$8 per child

### Spooktacular

Howl about coming out and goblin up a ghoulish good time this Halloween? A variety of ghostly games and activities will be offered. This year's festivities will include a costume contest, face painting, a haunted maze and cupcake walk, along with a variety of other ghostly games and activities, and free pumpkin giveaways—while supplies last. Costumes are optional, but best costumes will be featured on the Town's website.



JPCC	Oct 22	Th	4:30-8:30 pm	free	all ages
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## Zombie Survival

Can you survive a zombie attack? Find out who in your team has what it takes to survive the zombie apocalypse and which ones are zombie bait! Teams have 60 minutes to retrieve items needed to survive a night in a containment zone. Zombies will attempt to steal your "life flags." If you make it back to base camp with all your supplies and with at least one flag, your team will be named Zombie Survivors and have a chance to win a prize! If you lose all of your flags, the Zombies will have won!



JGCC	Oct 24	Sa	6:00-7:30 pm	\$50/team   \$35/team RD*	ages 12+
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\*Teams of 2-4 people

## Gobblequest

Bundle up and bring your family out to Joyner Park to participate in Family Gobblequest! Turkey cutouts will be hidden throughout the park's various trails and greenway. Each turkey "caught" can be redeemed for a special award (limit one award per family). The morning will include hunting for turkeys, crafts and light refreshments. Activities are most suitable for children under twelve.

Joyner Park	Nov 14	Sa	10:00 am	\$5/child	all ages
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## Calls From Santa

Children can receive a personal phone call from Santa this Christmas! Registration forms will be available on the Town's website beginning November 24. All forms must be returned no later than 5 pm on December 3.

Dec 3	Th	6:00-8:00 pm	free	ages 3-9
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## Brunch With Santa

Santa Claus is coming to town, and he's making a pit stop in Wake Forest. Enjoy a delicious brunch, visit and take pictures with the Big Guy. There will also be story time and crafts. Wear your favorite holiday attire.

JGCC	Dec 6	Su	10:30 am-12:00 pm	\$45/family   \$30/family RD*	all ages
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\*Family consists of up to 4 participants, additional members are \$8 per person

## Cinema at the Center

Bring the whole family and join the Parks, Recreation & Cultural Resources Department at the Joyner Park Community Center gymnasium for Family Holiday Movie Night. This year we are showing *Frozen 2*.

JGCC	Dec 12	Sa	6:30-8:30 pm	free	all ages
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**Park Maintenance Staff:** (from left) Stephen Harrold, Lee Perry, Don McClure, Tim Woodlief, Danny Conyers, Reggie Forte, Anthony McKeand, Robert Goding, Jimmy Thrift, Randy Hoyle, Josh Glover (Maintenance Superintendent)

**Mowing:** Reggie Forte

## Meet the team that keeps our parks and greenways looking great

On behalf of the Town of Wake Forest, we extend a big thank you to our Park Maintenance staff. They have done a terrific job in working through adversity and maintaining a high work ethic throughout the pandemic to ensure that park and greenway spaces are safe, functional, and aesthetically pleasing for Wake Forest residents to enjoy.

This staff is responsible for the extensive landscaping, mowing, painting and overall maintenance of all Wake Forest parks and greenways.



# PARKS & GREENWAYS

PLACES TO PLAY

From our flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

## E. Carroll Joyner Park

701 Harris Rd.  
919-435-9560  
HOURS: dawn to dusk



E. Carroll Joyner Park is one of the community's most treasured resources. With 117 acres of sweeping lawns, restored farm buildings and three miles of paved trails, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Leashed dogs are welcome to enjoy the trails. Amidst the beautiful scenery is the new Joyner Park Community Center and outdoor playground.

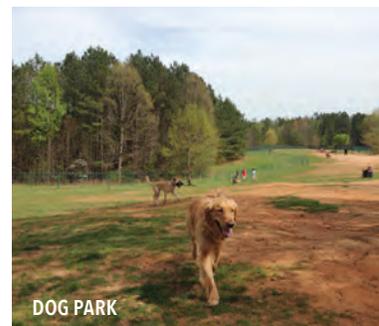
RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Performance Garden	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$75-\$800 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Open Space, Picnic Shelters & Greenways	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk



## J. B. Flaherty Park

1226 N. White St.  
919-554-6726  
HOURS: dawn to dusk

Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, two stocked ponds, a dog park, tennis courts, pickleball courts and a community center. *See page 9 for center information.*



DOG PARK

**FLAHERTY DOG PARK** Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk
Athletic Field(s)	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>

*See page 9 for Flaherty Park Community Center rental information*

## Holding Park

133 W. Owen Ave.  
919-435-9560  
PARK HOURS: dawn to dusk

Holding Park is a five-acre site that features a large playground, basketball courts, picnic tables, the Wake Forest Community House and the new Holding Park Aquatic Center. The aquatic center includes a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play.



RENT THIS SITE	Deposit	Rate	Availability
Athletic Field	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>

*See page 8 for Wake Forest Community House rental information*





Acres	Amphitheater	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Fitness Equipment (outdoor)	Flower Garden	Greenway	Grill	Open Space	Pickleball Court	Picnic Shelter	Picnic Tables	Playground	Pond	Restrooms	Soccer Field	Sprayground	Swimming Pool	Tennis Court
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## PARKS

<b>Ailey Young Park</b> 800 Juniper Ave.	15		●	●					●			●	●	●		●					
<b>DuBois Park</b> 518 N. Franklin St.	0.4			●										●							
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	117	●		●	●	●	●	●	●	●	●	●	●	●	●	●					
<b>H.L. Miller Park</b> 401 Elm Ave.	2							●					●								
<b>Heritage High Park*</b> 1140 Forestville Rd.	25		●	●				●								●	●				●
<b>Holding Park</b> 133 W. Owen Ave.	5		●	●	●				●	●			●	●			●			●	
<b>J.B. Flaherty Park</b> 1226 N. White St.	100		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●				●
<b>Kiwanis Park</b> 400 E. Holding Ave.	1							●				●	●	●							
<b>Plummer Park</b> 965 Jones Wynd	0.5											●	●	●							
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	17					●	●	●				●	●	●		●	●				
<b>Taylor Street Park</b> 416 N. Taylor St.	1.5				●		●		●			●	●	●		●				●	
<b>Tyler Run Park</b> 830 Pineview Dr.	9		●	●		●		●					●	●							

\*Heritage High School park facilities are open to the public after 6 pm on weekdays and dawn to dusk on weekends.

## Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the Town's greenways.

For more information visit [wakeforestnc.gov](http://wakeforestnc.gov) and search "adopt a trail."



## Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



## GREENWAYS

	Paved (P), Soft Trail (S)	Fitness Equipment	Length in Miles
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	P	●	3.0 mi.
<b>Dunn Creek Greenway</b> 690 Heritage Lake Rd.	P		1.3 mi.
<b>H.L. Miller Park</b> 401 Elm Ave.	P		0.4 mi.
<b>J.B. Flaherty Park</b> 1226 N. White St.	P	●	0.25 mi.
<b>Kiwanis Greenway</b> 706 S. Franklin St.	P		0.25 mi.
<b>Richland Creek Olde Mill Stream Greenway</b> 901 Barnford Mill Rd.	P		0.45 mi.
<b>Sanford Creek Heritage South Greenway</b>	P	●	3.93 mi.
<b>Smith Creek Burlington Mills Greenway</b> 2912 Burlington Mills Rd.	P		1.15 mi.
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	P	●	2.42 mi.
<b>Tyler Run Park</b> 830 Pineview Dr.	P	●	0.12 mi.
<b>Wake Forest Reservoir</b> Traditions Grande Blvd.	S		1.6 mi.

## Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.
- Please lock vehicle doors and windows, and do not leave valuables visible.

## Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

## Athletic Fields

**Baseball/softball fields** are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School, Tyler Run Park and Wake Forest Middle School.

**Soccer fields** are located at Heritage High School, Smith Creek Soccer Center and Wake Forest Middle School.

See pages 5-7 for park locations and list of amenities.

FIELD INFORMATION: 919-435-9560

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>

## Wake Forest Reservoir

Located off of Traditions Grande Boulevard, the Wake Forest Reservoir is open for paddle and electric powered boats. A small concrete boat ramp is adjacent to the parking area. Hikers can explore the 1.6 mile trail which follows the west bank of the lake.



## Wake Forest's community centers are gathering spots for

### Alston-Massenburg Center

416 N. Taylor St. | 919-554-6189

HOURS: Mon-Fri 12 pm-8 pm; Sat 8 am-4 pm;  
Sun 1-5 pm

AMENITIES: Large meeting room with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground, picnic shelter and sprayground.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Sat &amp; Sun only:</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	24 tables 125 chairs available

## Compare Amenities

	Available for Rent	Class/Program Room	Dance Studio	Fitness Equipment	Game Room	Gymnasium	Indoor Walking Track	Kitchen	Locker Rooms/Showers	Meeting Room	Performance Stage	Pickleball Court	Swimming Pool
<b>Alston-Massenburg Center</b> 416 N. Taylor St.	●	●						●	●	●			
<b>Flaherty Park Community Center</b> 1226 N. White St.	●	●			●	●		●		●			
<b>Holding Park Aquatic Center</b> 133 W. Owen Ave.													●
<b>Joyner Park Community Center</b> 701 Harris Road	●	●	●	●		●	●	●	●	●		●	
<b>Wake Forest Community House</b> 133 W. Owen Ave.	●							●		●			
<b>Wake Forest Renaissance Centre</b> 405 S. Brooks St.	●	●								●	●		

## COMMUNITY CENTERS & FACILITIES

### Wake Forest Community House

133 W. Owen Ave. | 919-435-9560

HOURS: Open for scheduled programs and private rentals

AMENITIES: The Wake Forest Community House was built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs. The Community House includes a kitchen and adjoins the Holding Park Aquatic Center and playground. To rent the Community House, call 919-435-9560 or visit the PRCR office at Joyner Park Community Center.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Fri, Sat &amp; Sun</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	27 tables 170 chairs available



Getting married?  
Consider renting a town facility for your special day.

# COMMUNITY CENTERS

## AND RENTAL FACILITIES



fun and recreation – the perfect location for your next special event.

### Joyner Park Community Center

701 Harris Road | 919-435-9560

HOURS: Mon-Fri 6 am-10 pm;  
Sat 8 am-4 pm; Sun 1-5 pm

AMENITIES: Gymnasium, indoor walking track, cardio equipment, dance studio, meeting rooms, kitchen, locker rooms and showers

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: [wakeforestnc.gov](http://wakeforestnc.gov), search "Joyner Park Community Center."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 individual \$350 business	Rates range from \$75/hr- \$300/hr Two hour minimum. See website for details	Sat & Sun only	Fits 522 chairs or 300 chairs plus tables*
Kitchen	–	Add-on fees range from \$35-\$150	Daily	–
Multipurpose Room (entire room)	\$150 individual \$350 business	Rates range from \$25/hr- \$100/hr Two hour minimum. See website for details	Mon-Fri	86 chairs, 16 tables available
Multipurpose Room (entire room)	\$150 individual \$350 business	Rates range from \$35/hr- \$160/hr Two hour minimum. See website for details	Sat & Sun	86 chairs, 16 tables available
Supervisory Fee for After-hours	–	\$15/hr Mon-Fri 10 pm-midnight, Sat 4 pm-midnight, Sun 8 am-1 pm, 5 pm-midnight	Daily	–

\*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

### Flaherty Park Community Center

1226 N. White St. | 919-554-6726

HOURS: Mon-Fri 8 am-10 pm;  
Sat 8 am-4 pm; Sun 1-5 pm

AMENITIES: Gymnasium, arts & crafts room, game room, meeting room with adjoining kitchen

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: [wakeforestnc.gov](http://wakeforestnc.gov), search "Flaherty Park."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 individual \$350 business	Rates range from \$75/hr- \$300/hr Two hour minimum. See website for details	Sat & Sun only	Fits 550 chairs or 330 chairs plus tables*
Meeting Room	\$150 individual \$350 business	Rates range from \$40/hr- \$160/hr Two hour minimum. See website for details	Sat & Sun only	4 tables 20 chairs available
Open Space	\$50 individual \$150 business	Rates range from \$15/hr- \$150/hr Two hour minimum. See website for details	Daily	–

\*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

### Wake Forest Renaissance Centre for the Arts

405 S. Brooks St. | 919-435-9458 | Event Hotline: 919-435-9428

Arts Annex: 407 S. Brooks St.

The Wake Forest Renaissance Centre for the Arts is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events.

AMENITIES: Grand hall, performance stage, meeting rooms, food staging area, dressing room

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meetings, weddings, performances and other special events. For rental fees and further information, visit [wakeforestrenc.org](http://wakeforestrenc.org) or call 919-435-9458.



# PRESCHOOL

## PROGRAMS & CLASSES



### Art

#### Toddler Art

Parents and their children are invited to join fun and exciting one-day themed workshops! Participants will explore different themes through hands-on arts and craft projects and a story time with Mr. Moo Monet. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Sa	9:00-10:00 am	Sep 26	<i>All Things Fall</i>	\$40   \$25 RD	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Oct 24	<i>Trick-or-Treat</i>	\$40   \$25 RD	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Nov 21	<i>We Are Thankful</i>	\$40   \$25 RD	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Dec 19	<i>Holiday Ornament</i>	\$40   \$25 RD	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Jan 22	<i>Winter Wonderland</i>	\$40   \$25 RD	18 mos-3 yrs
Flah Park	Sa	9:00-10:00 am	Feb 13	<i>Love is in the Air</i>	\$40   \$25 RD	18 mos-3 yrs



#### Preschool Art

Parents and their children are invited to join fun and exciting one-day themed workshops! Participants will explore different themes through hands-on arts and craft projects and a story time with Mr. Moo Monet. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Sa	10:30-11:30 am	Sep 26	<i>All Things Fall</i>	\$40   \$25 RD	ages 3-5
Flah Park	Sa	10:30-11:30 am	Oct 24	<i>Trick-or-Treat</i>	\$40   \$25 RD	ages 3-5
Flah Park	Sa	10:30-11:30 am	Nov 21	<i>We Are Thankful</i>	\$40   \$25 RD	ages 3-5
Flah Park	Sa	10:30-11:30 am	Dec 19	<i>Holiday Ornaments</i>	\$40   \$25 RD	ages 3-5
Flah Park	Sa	10:30-11:30 am	Jan 22	<i>Winter Wonderland</i>	\$40   \$25 RD	ages 3-5
Flah Park	Sa	10:30-11:30 am	Feb 13	<i>Love is in the Air</i>	\$40   \$25 RD	ages 3-5

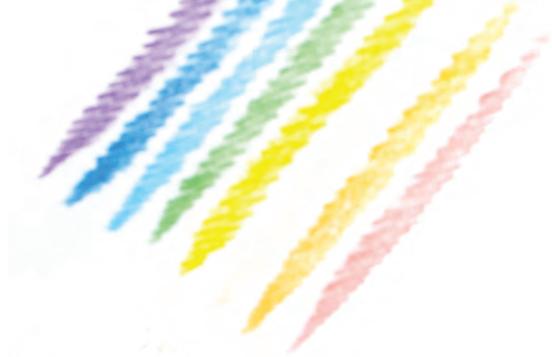
### Music

#### Mini Mozarts

Come out with your young musician to make wonderful music together! Each week, we will engage in the universal language of music as we clap, sing, march, play, dance, and imagine. Your little musician will develop their innate sense of self-expression through music all while having fun bonding with you. Parent participation required. **INSTRUCTOR:** Amanda Bachand

Flah Park	W	9:45-10:30 am	Sep 9	free demo*	18 mos-3 yrs
Flah Park	W	9:45-10:30 am	Sep 16-Oct 14	\$55   \$40 RD	18 mos-3 yrs
Flah Park	W	9:45-10:30 am	Oct 28-Dec 9**	\$55   \$40 RD	18 mos-3 yrs
Flah Park	W	9:45-10:30 am	Jan 6-Feb 10	\$60   \$45 RD	18 mos-3 yrs

\*Pre-registration required  
\*\*No class Nov 11, 25



### Budding Beethovens

Warm-up those singing voices! Your preschooler will find their inner musician as they connect to music through movement, use props and instruments to interpret songs, play rhythmic games to increase listening skills, and sing in a variety of imaginative ways. Join us as we build confidence and have fun making music! **INSTRUCTOR:** Amanda Bachand

Flah Park	W	10:45-11:30 am	Sep 9	free demo*	ages 3-5
Flah Park	W	10:45-11:30 am	Sep 16-Oct 14	\$55   \$40 RD	ages 3-5
Flah Park	W	10:45-11:30 am	Oct 28-Dec 9**	\$55   \$40 RD	ages 3-5
Flah Park	W	10:45-11:30 am	Jan 6-Feb 10	\$60   \$45 RD	ages 3-5

\*Pre-registration required  
\*\*No class Nov 11, 25

### Broadway Babes

Broadway-bound boys and girls join us to explore music with a musical theater spin! Your little performer will love learning all aspects of music while developing their dancing and acting skills. While we focus on having fun making music, your preschooler will build their ability to keep rhythm, sing on pitch, move to music, express the mood of a song, recall choreography, and confidently sing to a wide variety of music, including showtunes! **INSTRUCTOR:** Amanda Bachand

JGCC	Th	9:45-10:30 am	Sep 3-Oct 8	\$60   \$45 RD	ages 3-5
JGCC	Th	9:45-10:30 am	Oct 22-Dec 10*	\$60   \$45 RD	ages 3-5
JGCC	Th	9:45-10:30 am	Jan 7-Feb 11	\$60   \$45 RD	ages 3-5

\*No class Nov 19, 26



## Dance

### Tutu Toddlers

Come and join us for creativity, music, and movement with your little ballerina or dancer! Each session will be a different magical and fun introduction to the movements, music, and characters of a classic ballet! **REQUIREMENTS:** Comfortable, easy to move in clothing and ballets shoes. Tutus welcome! **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	9:30-10:00 am	Sep 14-Oct 5	\$55   \$40 RD	ages 2-3
Alst Mass	M	9:30-10:00 am	Oct 19-Nov 9	\$55   \$40 RD	ages 2-3
Alst Mass	M	9:30-10:00 am	Jan 4-Feb 1*	\$55   \$40 RD	ages 2-3

\*No class Jan 18

### Magical Ballerinas

Join us in discovering the magic of ballet by exploring the enchanted worlds of new ballets enhanced by the music of the classical composers. Each week, your little ballerina will learn ballet characters, classical music from that ballet, and the themes of each ballet! **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: flexible gym shorts, T-shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	10:15-10:45 am	Sep 14-Oct 5	\$55   \$40 RD	ages 3-5
Alst Mass	M	10:15-10:45 am	Oct 19-Nov 9	\$55   \$40 RD	ages 3-5
Alst Mass	M	10:15-10:45 am	Jan 4-Feb 1*	\$55   \$40 RD	ages 3-5

\*No class Jan 18

### Mini Prima Ballerinas

Our mini prima ballerina class will focus on the fundamentals of ballet technique that will get your ballerina ready for a more disciplined art! This class will create a balance between structure and creativity. Each session, there will be a different ballet focusing on characters, movements and music of that particular ballet! **REQUIREMENTS:** Girls: black leotards, pink tights, leather or canvas ballet shoes. Ballet skirts optional. Boys: flexible gym shorts, T-shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	11:00-11:30 am	Sep 14-Oct 5	\$55   \$40 RD	ages 4-7
Alst Mass	M	11:00-11:30 am	Oct 19-Nov 9	\$55   \$40 RD	ages 4-7
Alst Mass	M	11:00-11:30 am	Jan 4-Feb 1*	\$55   \$40 RD	ages 4-7

\*No class Jan 18

# PRESCHOOL



## Dance 4 Tots I

Your little one will be on their tiny feet in no time, all while learning ballet, tap, music and creative movement. Movement exploration will teach the difference from left and right, how to balance, hop, skip, and jump. Additionally, they will learn coordination skills through dances to music. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of face. Boys: white T-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

JPCC	W	5:30–6:00 pm	Sep 2–Oct 7	\$65   \$50 RD	ages 2–3
JPCC	Sa	9:00–9:30 am	Sep 5–Oct 10	\$65   \$50 RD	ages 2–3
JPCC	W	5:30–6:00 pm	Oct 21–Dec 9*	\$65   \$50 RD	ages 2–3
JPCC	Sa	9:00–9:30 am	Oct 24–Dec 5*	\$65   \$50 RD	ages 2–3
JPCC	W	5:30–6:00 pm	Jan 6–Feb 10	\$65   \$50 RD	ages 2–3
JPCC	Sa	9:00–9:30 am	Jan 9–Feb 13	\$65   \$50 RD	ages 2–3

\*No class Nov 11, 24, 25, 28

\*\*Day of drop-in fee is \$13 (\$10 RD), please call ahead to ensure session is occurring

## Performance Dance 4 Tots

This technical and foundational building class will include skills from the Dance 4 Tots class. However, prior experience is not required. Students will learn ballet, tap, music and creative movement weekly. Movement exploration will help teach the difference between left and right, how to balance, hop, skip and jump. Students will participate in shows, parades, and end of year recitals. Consistent participation is required to perform. Additional costume and recital fees are required and non-refundable. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of their face. Boys: white T-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

JPCC	W	6:30–7:00 pm	Sep 2–Oct 7	\$70   \$55 RD	ages 3–6
JPCC	W	6:30–7:00 pm	Oct 21–Dec 9*	\$70   \$55 RD	ages 3–6
JPCC	W	6:30–7:00 pm	Jan 6–Feb 10	\$70   \$55 RD	ages 3–6

\*No class Nov 11, 25

## Dance 4 Tots II

Is your dancer ready for a more age-appropriate challenge? Well this next-level dance class will have your little one on their tiny feet in no time! They will learn ballet, tap, music and creative movement weekly. They will explore movements that teach them the difference from their left and right, how to balance, hop skip and jump. Additionally, they will learn coordination skills. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of the face. Boys: white tee shirt, black dance pants, compression pants, sweat pants and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Alst Mass	Tu	6:00–6:30 pm	Sep 1–Oct 6	\$65   \$50 RD	ages 4–6
JPCC	Sa	9:30–10:00 am	Sep 5–Oct 8	\$65   \$50 RD	ages 4–6
Alst Mass	Tu	6:00–6:30 pm	Oct 20–Dec 8	\$65   \$50 RD	ages 4–6
JPCC	Sa	9:30–10:00 am	Oct 24–Dec 5*	\$65   \$50 RD	ages 4–6
Alst Mass	Tu	6:00–6:30 pm	Jan 5–Feb 9	\$65   \$50 RD	ages 4–6
JPCC	Sa	9:30–10:00 am	Jan 9–Feb 13	\$65   \$50 RD	ages 4–6

\*No class Nov 11, 24, 25, 28

## Open Play

## Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! We will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	11:00 am–12:00 pm	ongoing*	free	18 mos–5 yrs
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\*Please check website for most current open play calendar

## Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to stay with their child.

Flah Park	M	11:00 am–1:30 pm	ongoing*	\$5/child**   free RD	0–5 yrs
JPCC	Tu	9:00 am–12:00 pm	ongoing*	\$5/child**   free RD	0–5 yrs
JPCC	W	9:00 am–12:00 pm	ongoing*	\$5/child**   free RD	0–5 yrs
Flah Park	Th	8:00–10:00 am	ongoing*	\$5/child**   free RD	0–5 yrs
JPCC	F	9:00–11:30 am	ongoing*	\$5/child**   free RD	0–5 yrs

\*Please check website for most current open play calendar

\*\*Non-residents must pay \$5/child or purchase a Rec Card membership to participate

## Athletics

### Preschool Hoops

SWISH! Begin to develop your little ballers' skills in this fun and exciting basketball class. Participants will be taught the basics and FUNdamentals of basketball including dribbling, passing, shooting, and defense. Educated by former professional basketball player JJ Miller, this is an opportunity you can't miss! **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	9:00-9:45 am	Sep 5-26	\$75   \$60 RD	ages 3-5
Flah Park	W	9:00-9:45 am	Oct 14-Nov 4	\$75   \$60 RD	ages 3-5
Flah Park	W	9:00-9:45 am	Nov 25-Dec 16	\$75   \$60 RD	ages 3-5
Flah Park	W	9:00-9:45 am	Jan 6-27	\$75   \$60 RD	ages 3-5
Flah Park	W	9:00-9:45 am	Feb 3-24	\$75   \$60 RD	ages 3-5

### Kidokinetics Sports & Fitness (with caregiver)

Move, stretch and build confidence together while learning fundamental gross motor and sports skills. Engaging children in active play encourages a positive attitude towards active play and physical activity. Benefits include increased social stimulation, improved muscle strength and coordination and dedicated play time with your child! Activities include a variety of age appropriate sports, games and activities. **INSTRUCTOR:** Kidokinetics



JPCC	F	10:00-10:45 am	Sep 11	free demo*	ages 2-5
Flah Park	Th	10:00-10:45 am	Sep 14-Oct 8	\$55   \$40 RD	18 mos-3 yrs
JPCC	F	10:00-10:45 am	Sep 18-Oct 9	\$55   \$40 RD	ages 2-5
Flah Park	Th	10:00-10:45 am	Oct 22-Nov 12	\$55   \$40 RD	18 mos-3 yrs
JPCC	F	10:00-10:45 am	Oct 23-Nov 13	\$55   \$40 RD	ages 2-5
Flah Park	Th	10:00-10:45 am	Dec 3-17*	\$55   \$40 RD	18 mos-3 yrs
JPCC	F	10:00-10:45 am	Dec 4-18	\$45   \$30 RD	ages 2-5
JPCC	F	10:00-10:45 am	Jan 8	free demo*	ages 2-5
Flah Park	Th	10:00-10:45 am	Jan 14-Feb 4	\$55   \$40 RD	18 mos-3 yrs
JPCC	F	10:00-10:45 am	Jan 15-Feb 5	\$55   \$40 RD	ages 2-5

\*Pre-registration required

\*\*Day of drop-in fee is \$17 (\$13 RD), please call ahead to ensure session is occurring

### Kidokinetics Preschool Sports & Fitness

Designed for kids who are ready to get moving on sports FUNdamentals! Through a variety of sports, activities and games, we focus on basic gross motor skills such as throwing, catching, kicking, jumping and running and offer an introduction to sports such as baseball, football, hockey, basketball, and many more. Classes enhance balance, coordination and muscle tone while developing good play and social skills. Our program is non-competitive. **INSTRUCTOR:** Kidokinetics

Flah Park	Th	11:00-11:45 am	Sep 14-Oct 8	\$55   \$40 RD	ages 3-5
Flah Park	Th	11:00-11:45 am	Oct 22-Nov 12	\$55   \$40 RD	ages 3-5
Flah Park	Th	11:00-11:45 am	Dec 3-17*	\$45   \$30 RD	ages 3-5
Flah Park	Th	11:00-11:45 am	Jan 14-Feb 4	\$55   \$40 RD	ages 3-5

\*Three week session

## Martial Arts

### Little Lions Taekwondo <NEW!>

Our exciting program for kids will develop your child's focus, self-esteem, self-confidence, and overall sense of purpose! Little Lions opens the door by introducing participants to important life skills such as focus, teamwork, and memory through fun and motivational training. Additional \$50 fee paid to instructor for uniform and T-shirt at first class. **INSTRUCTOR:** CORE Taekwondo Performance Center

JPCC	Th	5:30-6:00 pm	Sep 3-24	\$80   \$65 RD	ages 3-6
JPCC	Th	5:30-6:00 pm	Oct 1-Nov 5*	\$80   \$65 RD	ages 3-6
JPCC	Th	5:30-6:00 pm	Nov 12-Dec 10*	\$80   \$65 RD	ages 3-6
JPCC	Th	5:30-6:00 pm	Jan 7-28	\$80   \$65 RD	ages 3-6
JPCC	Th	5:30-6:00 pm	Feb 4-25	\$80   \$65 RD	ages 3-6

\*No class Oct 15, 22, Nov 26

## Spanish

### Full-Immersion Spanish for Preschoolers <NEW!>

In this Spanish class, your preschooler will be immersed in Spanish, just as they were immersed in English as a baby. They will learn through interactive games, activities, crafts and music with a native Spanish speaker. **INSTRUCTOR:** Solorzano Spanish Academy

Flah Park	Th	4:00-4:45 pm	Aug 27-Oct 1	\$80   \$65 RD	ages 3-5
Flah Park	Th	4:00-4:45 pm	Oct 15-Nov 19	\$80   \$65 RD	ages 3-5

\*Day of drop-in fee is \$18 (\$13 RD), please call ahead to ensure session is occurring

# YOUTH

## PROGRAMS & CLASSES



### Art

#### Art for Youth & Teens

New students will start by drawing learning shape, value, and shading. Afterwards may paint or continue drawing. Returning students can choose their media: acrylics, watercolors, pencils, and ink. Will work with a variety of subject matters. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00-2:30 pm	Aug 5-Sep 9	\$80   \$65 <i>RD</i>	ages 10-16
Flah Park	W	1:00-2:30 pm	Sep 23-Oct 28	\$80   \$65 <i>RD</i>	ages 10-16
Flah Park	W	1:00-2:30 pm	Nov 11-Dec 16*	\$80   \$65 <i>RD</i>	ages 10-16
Flah Park	W	1:00-2:30 pm	Jan 13-Feb 17	\$80   \$65 <i>RD</i>	ages 10-16

\*No class Nov 11, class will be held Nov 9

### Music

#### Elementary Music <<NEW!>>

Get ready to make musical memories! As we sing, move, play, listen, and interpret music, your school-aged musicians will confidently demonstrate their budding musician-ship skills. Music is such an important part of a child's development. It is mathematical, scientific, linguistic, physical, artistic, and just plain fun! Don't miss this opportunity to join your fellow musicians on this musical journey. **INSTRUCTOR:** Amanda Bachand

JPCC	Th	10:45-11:30 pm	Sep 3-Oct 8	\$60   \$45 <i>RD</i>	ages 5-9
JPCC	Th	10:45-11:30 pm	Oct 22-Dec 10*	\$52   \$38 <i>RD</i>	ages 5-9
JPCC	Th	10:45-11:30 pm	Jan 7-Feb 11	\$60   \$45 <i>RD</i>	ages 5-9

\*No class Oct 29, Nov 19, 26



### Wake Forest Community Youth Choirs

Our mission is to provide an opportunity for young singers in the Wake Forest community to learn a wide variety of high quality choral repertoire, both sacred and secular, and to share it with the community. We are committed to having membership that is open to singers of all racial, cultural, religious and economic backgrounds. Auditions are required except for the primary choir. Audition to be held Tuesday, August 20. To register your child for an audition and find out more please visit our website [wakeforestyouthchoirs.org](http://wakeforestyouthchoirs.org) or email the director at [wakeforestyouthchoirs@gmail.com](mailto:wakeforestyouthchoirs@gmail.com).

**DIRECTOR:** Kasie Brooks

Ren Ctr	Tu	5:00-5:30 pm	Primary Choir	Sep 8-May 4*	\$175**	grades K-3
Ren Ctr	Tu	5:30-6:30 pm	Children's Choir	Sep 8-May 4*	\$290**	grades 4-8
Ren Ctr	Tu	6:30-7:30 pm	Youth Chorale	Sep 8-May 4*	\$290**	grades 9-12

\*No rehearsal Nov 24, Mar 30; Concerts Dec 8 and Mar 30  
\*\*All materials and choir shirt included

### Dance

#### Introduction 2 Ballet

Introduce your child to the wonderful world of ballet. Basic ballet positions, barre, across the floor, and the magical history of the ballet will be the focus, all while exploring fun movements, technique, and the beautiful art of the ballet dance expression! **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt recommended, pink ballet shoes, hair pulled up and out of face. Boys: white T-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio

JPCC	Sa	10:00-10:30 am	Sep 5-Oct 10	\$65   \$50 <i>RD</i>	ages 6-9
JPCC	Sa	10:00-10:30 am	Oct 24-Dec 5*	\$65   \$50 <i>RD</i>	ages 6-9
JPCC	Sa	10:00-10:30 am	Jan 9-Feb 13	\$65   \$50 <i>RD</i>	ages 6-9

\*No class Nov 28

\*\*Day of drop-in fee is \$13 (\$10 *RD*), please call ahead to ensure session is occurring

### Performance Creative Combo I

This technical and foundational building class will include skills from the Dance 4 Tots class. However, prior experience is not required. Students will learn ballet, tap, music and creative movement weekly. Movement exploration will help teach the difference between left and right, how to balance, hop, skip and jump. Students will participate in shows, parades, and end of year recitals. Consistent participation is required to perform. Additional costume and recital fees are required and non-refundable.

**REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, pink ballet shoes, hair pulled up and out of their face. Boys: white T-shirt, black dance pants, compression pants, sweat pants, and black ballet shoes, tap shoes. Jazz shoes may be purchased or go barefoot.

**NOTE:** Enrollement for performance classes closes after Oct 15. **INSTRUCTOR:** Monet Dance Performing Arts Studio

JPCC	W	7:30-8:00 pm	Sep 2-Oct 7	\$70   \$55 RD	ages 7-12
JPCC	W	7:30-8:00 pm	Oct 21-Dec 9*	\$70   \$55 RD	ages 7-12
JPCC	W	7:30-8:00 pm	Jan 6-Feb 10	\$70   \$55 RD	ages 7-12

\*No class Nov 11, 25

### Bollywood Dance for Kids ◀ NEW! ▶

A fusion dance genre that is lyrical story-telling, blending folk forms of India with pop culture dance moves to upbeat music, with the potential of costumed stage performances for participants. Children enjoy fast paced variety of expressions and movements as well as learn a bit of modern Indian culture. **INSTRUCTOR:** Priya Chellani

Flah Park	Sa	11:00 am-12:00 pm	Sep 5-Oct 10	\$87   \$72 RD	ages 4-12
Flah Park	Sa	11:00 am-12:00 pm	Oct 17-Nov 21	\$87   \$72 RD	ages 4-12
Flah Park	Sa	11:00 am-12:00 pm	Dec 5-Jan 23*	\$39   \$24 RD	ages 4-12
Flah Park	Sa	11:00 am-12:00 pm	Jan 30-Feb 27	\$39   \$24 RD	ages 4-12

\*No class Dec 26, Jan 2

### Bollywood Dance Fitness ◀ NEW! ▶

Fitness class based on fusion dance genre that is lyrical story-telling, blending folk forms of India with pop culture dance moves to upbeat music. Potential of costumed stage interactives for participants. Enjoy the fast paced variety of expressions and movements. Get a bit of sweat happening! **INSTRUCTOR:** Priya Chellani

Flah Park	Sa	12:00-1:00 pm	Sep 5-Oct 10	\$75   \$60 RD	ages 13+
Flah Park	Sa	12:00-1:00 pm	Oct 17-Nov 21	\$75   \$60 RD	ages 13+
Flah Park	Sa	12:00-1:00 pm	Dec 5-Jan 23*	\$35   \$20 RD	ages 13+
Flah Park	Sa	12:00-1:00 pm	Jan 30-Feb 27	\$35   \$20 RD	ages 13+

\*No class Dec 26, Jan 2

### Hip Hop Explosion Beginner

Is your little one always dancing when the radio comes on? Do they enjoy high energy movement? If so, this is a great beginner class to engage in dance choreography that is fun, creative, and energizing. Students will enjoy performing

these movements while creating dances that will exhibit today's latest dance moves and music styles. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music.

**REQUIREMENTS:** Comfortable workout clothes or shorts and T-shirt. Sneakers or jazz/hip hop shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio



Alst Mass	Tu	6:30-7:00 pm	Sep 1-Oct 6	\$65   \$50 RD	ages 4-7
JPCC	W	6:00-6:30 pm	Sep 2-Oct 7	\$65   \$50 RD	ages 4-7
Alst Mass	Tu	6:30-7:00 pm	Oct 20-Dec 8*	\$65   \$50 RD	ages 4-7
JPCC	W	6:00-6:30 pm	Oct 21-Dec 9*	\$65   \$50 RD	ages 4-7
Alst Mass	Tu	6:30-7:00 pm	Jan 5-Feb 9	\$65   \$50 RD	ages 4-7
JPCC	W	6:00-6:30 pm	Jan 6-Feb 10	\$65   \$50 RD	ages 4-7

\*No class Nov 11, 24, 25

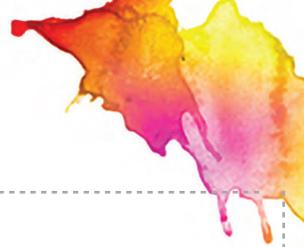
\*Day of drop-in fee is \$13 (\$10 RD), please call ahead to ensure session is occurring

### Hip Hop Explosion Juniors

Your child will be extremely excited about this energetic class! Our amazing teacher will teach students hip hop dance choreography that is fun, creative, and challenging. Students will enjoy performing these movements while creating dances that will exhibit today's latest dance moves and music styles. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music. Your student will have the wonderful experience of exploring the creative world of Hip Hop Dance Style. **REQUIREMENTS:** Comfortable workout clothes or shorts and T-shirt. Sneakers or jazz/hip hop shoes. **INSTRUCTOR:** Monet Dance Performing Arts Studio

Alst Mass	Tu	7:00-7:30 pm	Sep 1-Oct 6	\$65   \$50 RD	ages 8-15
JPCC	W	7:00-7:30 pm	Sep 2-Oct 7	\$65   \$50 RD	ages 8-15
Alst Mass	Tu	7:00-7:30 pm	Oct 20-Dec 8*	\$65   \$50 RD	ages 8-15
JPCC	W	7:00-7:30 pm	Oct 21-Dec 9*	\$65   \$50 RD	ages 8-15
Alst Mass	Tu	7:00-7:30 pm	Jan 5-Feb 9	\$65   \$50 RD	ages 8-15
JPCC	W	7:00-7:30 pm	Jan 6-Feb 10	\$65   \$50 RD	ages 8-15

\*No class Nov 11, 24, 25



## "Bring It" Majorette Dance

Join this high-energy, synchronized, rhythmic dance building class that will have you wanting more! The moves and technique draw from ballet, jazz, modern dance, hip hop, and gymnastics. Fun movements challenge your discipline, originality, passion, and teach you to compete with yourself to become the best dancer! Dancers who consistently attend 2-3 of six weeks session will be eligible to perform. **REQUIREMENTS:** Comfortable athletic or dance clothes, "Slip-On Jazz Shoe" recommended but not required or barefoot (bring socks). **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	Th	6:30-7:30 pm	Sep 3-Oct 8	\$85   \$70 <i>RD</i>	ages 10-16
JPCC	Th	6:30-7:30 pm	Oct 29-Dec 10*	\$85   \$70 <i>RD</i>	ages 10-16
JPCC	Th	6:30-7:30 pm	Jan 7-Feb 11	\$85   \$70 <i>RD</i>	ages 10-16

\*No class Nov 26

\*\*Day of drop-in fee is \$20 (\$15 *RD*), please call ahead to ensure session is occurring

## Theater

### Improv Comedy Basics <<NEW!>>

This family-based class will allow participants to explore the world of improv comedy by learning the basics of comedy, how to create a character, acting basics and more! **INSTRUCTOR:** Jeremy Wrenn

Flah Park	Th	7:00-9:00 pm	Aug 6-27	\$65   \$50 <i>RD</i>	ages 12+
Flah Park	Th	7:00-9:00 pm	Oct 1-29	\$65   \$50 <i>RD</i>	ages 12+
Flah Park	Th	7:00-9:00 pm	Nov 5-Dec 10	\$65   \$50 <i>RD</i>	ages 12+

### Advanced Improv Comedy <<NEW!>>

After learning the basics of improv comedy, Advanced Improv Comedy is the perfect choice to advance those skills to the next level. This course focuses more on acting, stage presence, comedic timing, and focuses on getting actors ready for the stage! **INSTRUCTOR:** Jeremy Wrenn

Flah Park	Th	7:00-9:00 pm	Sep 3-24	\$90   \$75 <i>RD</i>	ages 12+
Flah Park	Tu	7:00-9:00 pm	Oct 6-27	\$90   \$75 <i>RD</i>	ages 12+
Flah Park	Tu	7:00-9:00 pm	Nov 2-30	\$90   \$75 <i>RD</i>	ages 12+



## Creative Drama

Students will explore and practice the skills needed to bring a story to life such as movement, pantomime, vocal projection and characterization. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	Sa	9:30-10:30 am	Sep 12-Oct 24	<i>Shel Silverstein's Silly Stories</i>	\$100	grades 1-2
Ren Ctr	Sa	9:30-10:30 am	Jan 16-Feb 27	<i>Courageous Cats - Big &amp; Small</i>	\$100	grades 1-2

## Scriptworks

Students will use short scripts to practice embodying a character, vocal projection and expression and working collaboratively. Students will explore and understand the elements of a scene including character, relationships, objectives and conflict. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	Sa	11:00 am-12:15 pm	Sep 12-Oct 24	<i>Scenes from Jack &amp; the Beanstalk</i>	\$105	grades 3-5
Ren Ctr	Sa	11:00 am-12:15 pm	Jan 16-Feb 27	<i>Scenes from The Emperor's New Clothes</i>	\$105	grades 3-5

### Improv(e) Your Public Speaking <<NEW!>>

Public speaking is still one of the greatest fears of people, but it doesn't have to be that way! By learning the basics of improvisational comedy, you can improv(e) your public speaking skills! This course will help build confidence, improve your stage presence and command, help you communicate more effectively, and help replace the fear of speaking in front of crowds with confidence. **INSTRUCTOR:** Jeremy Wrenn

Flah Park	Tu	7:00-8:30 pm	Sep 1-29	\$65   \$50 <i>RD</i>	ages 12+
Flah Park	Tu	7:00-8:30 pm	Dec 1-29	\$65   \$50 <i>RD</i>	ages 12+
Flah Park	Th	7:00-8:30 pm	Jan 7-28	\$65   \$50 <i>RD</i>	ages 12+

## Disney on Broadway Musical Theater Workshop

Students will grow in their understanding and execution of musical theatre through the works of Disney on Broadway. The course culminates with live stage performances at the Wake Forest Renaissance Centre. **INSTRUCTORS:** Bryan Phoebus and Carrie Banfi

Ren Ctr	W	5:30-7:00 pm	Sep 2-Nov 11*	\$300	grades 3-8
Ren Ctr	Th	5:30-7:00 pm	Sep 3-Nov 12*	\$300	grades 3-8
Ren Ctr	W	5:30-7:00 pm	Jan 6-Mar 10**	\$300	grades 3-8
Ren Ctr	Th	5:30-7:00 pm	Jan 7-Mar 11**	\$300	grades 3-8

\*Show performances Nov 19-21

\*\*Show performances Mar 12-13

## Audition Bootcamp for Beginning Actors – Virtual Individual Instruction

This 8-week workshop is perfect for young, new actors who are eager to start auditioning for plays or TV. In a virtual, one-on-one setting, actors will be coached on what they need to know before, during, and after an audition. Students will explore proper breathing techniques, how to enter and exit the audition room with confidence, voice projection and articulation, and making bold cold-reading choices. Students will also leave this workshop with a tailored, one-minute monologue that can be used for future auditions. Ready, Set, Audition! **Classes will be conducted via the video conferencing tool Zoom.** **INSTRUCTOR:** Cathy Gouge, Theater teacher

virtual	Tu	4:00-4:30 pm	Sep 15-Nov 3	free	ages 7-12
virtual	Tu	4:45-5:15 pm	Sep 15-Nov 3	free	ages 7-12

## Zoomy Tales – Fables & Folks – Virtual Instruction

This creative, virtual drama class is great for budding actors or ones who already have experience. Students will learn and strengthen fundamental acting skills such as dramatic movement, articulation, voice projection, improvisation and character development through theatre games and scene work. At the end of the course, there will be a short virtual performance of a fable or folktale that the group chooses. Friends and family are invited to watch and enjoy in the comfort of their own home! **Classes will be conducted via the video conferencing tool Zoom.** **INSTRUCTOR:** Cathy Gouge, Theater teacher

virtual	Th	3:30-4:15 pm	Sep 17-Nov 5	free	ages 6-8
virtual	Th	4:45-5:30 pm	Sep 17-Nov 5	free	ages 9-12

## Esports

Competitive gaming, or Esports, is one of the fastest growing entities in the youth sports world! Esports takes the games your children know and love and puts them in a competitive environment where they can grow their skills both as a gamer and as an athlete.

### Battle in the Forest – Esports Tournament ◀ NEW! ▶

Want to play soccer with fast-paced cars? This inaugural tournament will feature the video game "Rocket League." The award-winning video game has been one of the most popular Esports games since its release in 2015. Get a group of friends together and make a team to compete in our exciting tournament. This tournament will be played online and live-streamed. An assortment of prizes will be given out to the top teams.

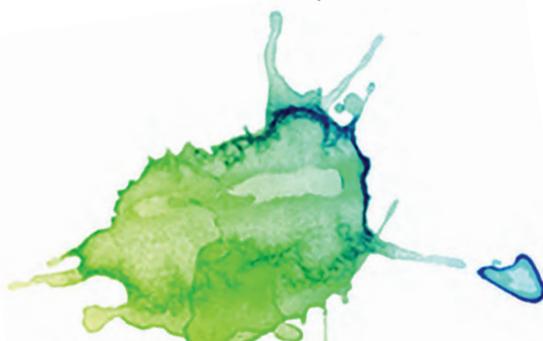


online	Sa	2:00 pm	Aug 22	Qualifiers	\$5	ages 10+
online	Su	2:00 pm	Aug 23	Finals	\$5	ages 10+

### eLeagues ◀ NEW! ▶

Are you ready to compete at the next level? We are teaming up with Mission Control in our new eSports leagues! Download the free Mission Control app, select Wake Forest PRCR eLeagues and get ready to take your game to the next level. Each week you can schedule your game(s) with your opponent. See detailed steps for game play at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com).

online	Sep 7-Oct 12	Madden 20	Xbox 1	\$25	ages 13-17
online	Sep 7-Oct 12	NBA 2K 20	PS4	\$25	ages 13-17
online	Oct 19-Nov 23	Super Smash Bros	Nintendo Switch	\$25	ages 13-17
online	Oct 19-Nov 23	Mario Kart Deluxe 8	Nintendo Switch	\$25	ages 13-17
online	Jan 11-Feb 15	Madden 20	PS4	\$25	ages 13-17
online	Jan 11-Feb 15	NBA 2K 20	Xbox 1	\$25	ages 13-17





## Culinary

### Cooking for Fun Jr. Chefs

Introduce yourself to the joys of preparing fun and nutritious foods. Explore new foods, try exotic flavors, and build confidence in the kitchen. **INSTRUCTOR:** Pinnacle Culinary Arts Institute

JGCC	Th	4:30-6:00 pm	Sep 24	Veggie Pizza en Bobli	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Oct 15	Gnocchi with Broccoli	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Oct 29	Breakfast Omelets	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Nov 12	Coconut Chicken Tenders	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Dec 3	Reggae Chicken	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Jan 14	Chinese Veggie Stir-Fry	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Jan 28	Personal Pan Pizza	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Feb 11	Thai Caribbean Fry	\$45   \$30 RD	ages 7-13
JGCC	Th	4:30-6:00 pm	Feb 25	Jamaican Jerk Wings	\$45   \$30 RD	ages 7-13

## Martial Arts

### Martial Arts

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including- breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. **NATIONAL CERTIFIED INSTRUCTOR:** 8th Degree, Grand Master R. Berger

WFCH	Tu/Th*	7:00-8:00 pm	Sep 1-29	\$55 mo   \$40 mo RD	ages 7-17
WFCH	Tu/Th*	7:00-8:00 pm	Oct 8-29	\$55 mo   \$40 mo RD	ages 7-17
WFCH	Tu/Th*	7:00-8:00 pm	Nov 3-24**	\$55 mo   \$40 mo RD	ages 7-17
WFCH	Tu/Th*	7:00-8:00 pm	Dec 1-29**	\$55 mo   \$40 mo RD	ages 7-17
WFCH	Tu/Th*	7:00-8:00 pm	Jan 5-28	\$55 mo   \$40 mo RD	ages 7-17
WFCH	Tu/Th*	7:00-8:00 pm	Feb 2-25	\$55 mo   \$40 mo RD	ages 7-17

\*No class held the first Thursday of every month  
\*\*No class on Nov 24, Dec 24

### Champions in Motion – Karate

Our students begin with basic white belt self-defense skills and progress to more advanced techniques through stances, kicks, punches, katas, and sparring. Some instructors use learning tools to ensure our students learn practical application of the skills they are learning in class. Opportunities for belt rank advancement are available at the end of each session. Students always advance even if they are in a 2nd or 3rd degree of the current belt rank to encourage students to continue to put forth their best effort. We also offer special events such as tournaments, brown belt pre-tests to prepare for the black belt test, and an intensive black belt test for those who have advanced to that skill level. **INSTRUCTOR:** Champions in Motion

WFCH	M	6:15-7:00 pm	Aug 31-Feb 1	\$9/week*	ages 4-18 (new athletes)
WFCH	M	7:00-7:45 pm	Aug 31-Feb 1	\$9/week*	ages 4-18 (yellow/green belts)
WFCH	M	7:45-8:30 pm	Aug 31-Feb 1	\$9/week*	ages 4-18 (blue/red belts)
WFCH	M	8:30-9:15 pm	Aug 31-Feb 1	\$9/week*	ages 4-18 (brown/black belts)

\*One-time \$11 registration fee required



### Beginner Taekwondo

This beginner class covers simple self-defense techniques, all while aiding in building self-confidence! The benefit for younger participants will be developing concentration and focus, while the young at heart will find an increase in fitness levels! Adults will benefit by improving flexibility, strength, muscle tone, and an overall greater discipline. Additional \$50 fee paid to instructor for uniform and T-shirt at first class. **INSTRUCTOR:** CORE Taekwondo Performance Center

JPCC	Th	6:10-7:00 pm	Sep 3-24	\$80 mo   \$65 mo RD	ages 7+
JPCC	Th	6:10-7:00 pm	Oct 1-Nov 5*	\$80 mo   \$65 mo RD	ages 7+
JPCC	Th	6:10-7:00 pm	Nov 12-Dec 10*	\$80 mo   \$65 mo RD	ages 7+
JPCC	Th	6:10-7:00 pm	Jan 7-28	\$80 mo   \$65 mo RD	ages 7+
JPCC	Th	6:10-7:00 pm	Feb 4-25	\$80 mo   \$65 mo RD	ages 7+

\*No class Oct 15, 22, Nov 26

## LEGO®

**Play-Well TEKologies: Engineering with LEGO® Mini-Camps.** Become a Play-Well Engineer this winter! With over 100,000 pieces of LEGO®, take on real-life engineering challenges that explore concepts in physics, engineering and architecture! These are hands-on, brains on workshops suitable for LEGO® novices to building "maniacs."

### Mommy/Son Engineering Challenge Using LEGO® <NEW!>

"Connect" with your son for a special night to build together with LEGO®s. Create a fun project and enjoy making memories. Snacks will be served. **INSTRUCTOR:** Play-Well TEKologies

JPCC	F	6:00-8:00 pm	Oct 9	\$55/couple   \$40/couple RD	ages 5-12
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### Football Stadium Design Using LEGO® <NEW!>

Get excited about football by creating your own version of a LEGO® designed football game! Create the scene by building the stadium, decorate for your favorite team or create your own team, and build a "kicker" to punt the ball through the field goal. This is a fun and interactive class where kids will get to use over 20,000 LEGO® pieces to bring engineering and creativity together. **INSTRUCTOR:** Play-Well TEKologies

JPCC	W	9:00 am-12:00 pm	Nov 25	\$50   \$35 RD	ages 6-10
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### Play-Well Masters: Dream Park Theme Park Workshop using LEGO® Materials <NEW!>

Recreate the "Dream Park" LEGO® Masters TV show challenge with Play-Well. Build a monorail, design your own themed park and its signature moving attraction. Brick-lieve it and you can buildchieve it! **INSTRUCTOR:** Play-Well TEKologies

JPCC	Tu	9:00 am-12:00 pm	Dec 29	\$50   \$35 RD	ages 6-10
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### Play-Well Masters: Space Smash Workshop using LEGO® Materials <NEW!>

Recreate the "Space Smash" LEGO® Masters TV show challenges with Play-Well. Create a space-themed build and see how it survives the gravity drop test. Brick-lieve it and you can buildchieve it! **INSTRUCTOR:** Play-Well TEKologies

JPCC	W	9:00 am-12:00 pm	Dec 30	\$50   \$35 RD	ages 6-10
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### LEGO® Engineering Explorers After School Enrichment

Join an established Child's Enrichment Program for a STEM-based after school enrichment program that provides your child with an intellectually engaging and fun after school experience by teaching conceptualization and problem solving. Gear Shifters STEM Explorers uses LEGO® Bricks and Technic® Elements as well as batteries and motors. Students will be building working models and exploring the science behind them. Not only are our classes exciting, but they help students improve their fine motor skills, reinforce STEM principles, explore their creativity and most importantly, teach engineering skills to prepare the next generation for the future. Students will explore themes across myriad fields in the Natural and Life Sciences, Energy, Space Exploration, Inventions and Contraptions and many others! All sessions include our Mini Figure Factory in which your child designs and takes home his or her own LEGO® Mini Figure at the end of the session. **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	Th	4:00-5:00 pm	Sep 17-Oct 22	\$150*	grades K-5
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\*All materials included

### LEGO® NASA Meets Star Wars After School Enrichment

Inspired by NASA and Star Wars®, our After School Enrichment program is packed full of models that will make your imagination blast off! Each class, campers will learn about real-life space exploration and build models related to the NASA space program. Students will also be building their favorite Rebel and Imperial spacecraft such as X-Wing and Tie Fighters. Gear Shifter's Space themed classes provide the spark for imagination and creativity to take off on an adventure that's out of this world! All participants take home a custom mini figure at the end of the final class! **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	Th	4:00-5:00 pm	Jan 17-Feb 11	\$150*	grades K-5
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\*All materials included



## LEGO® Advanced Engineering Mini-Camp

We believe it's important to tap into a child's potential by encouraging their curiosity and creativity while reinforcing STEM-based engineering principles. Students will build a variety of advanced and challenging motorized mechanical constructs utilizing LEGO® Bricks and Technic® elements such as mechanical spiders, construction equipment, sports machines and other animals. **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	Sa	9:00 am–12:00 pm	Oct 3	\$50*	grades 3–6
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*\*All materials included*

## LEGO® Remote Control Mania Mini-Camp

LEGO® comes to life when you turn your creations into radio-controlled masterpieces – making it move is the name of the game! You will get to engineer everything from machines to animals with LEGO® Bricks and Technic® elements, then incorporate infrared sensors to convert your creation to remote control operation. Set your remote to "fun!" **INSTRUCTOR:** Gear Shifters STEM Explorers

Ren Ctr	Sa	9:00 am–12:00 pm	Feb 6	\$50*	grades K–3
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*\*All materials included*

## Chess

### Chess for Beginners <<NEW!>>

Sign up for chess lessons and learn the best classical game of all time! Students will learn chess fundamentals and strategies that enhance learning skills and critical thinking. No prior experience needed. We will start right from the beginning. We will build confidence and have the option to compete against other students in the program. Parent participation NOT required. **INSTRUCTOR:** Coach Clausen of Triangle Chess



Flah Park	M	5:00–6:00 pm	Oct 12–Nov 16	\$90   \$75 RD	ages 7–15
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## Education

### Navigating College Admissions

Are you a high school student or the parent of a high school student? The college application process can be stressful and we can help. Receive advice on choosing the right college, writing an outstanding essay, putting together standout applications, gain insight into financial aid and learn how colleges review applicants. One parent must attend with the student. **INSTRUCTOR:** Rhonda McRae

JPCC	Sa	11:00 am–12:30 pm	Sep 26	\$25   \$10 RD	ages 14–17 with parent
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## Spanish

### Jump Into Spanish <<NEW!>>

In this Spanish class, your five to seven year old will become familiar and comfortable hearing spoken Spanish and responding to basic questions such as their name, age and what they like. No vocabulary lists! Just full sentences, games, music and fun!

**INSTRUCTOR:** Solorzano Spanish Academy

Flah Park	Th	4:45–5:30 pm	Aug 27–Oct 1	<i>Birthdays</i>	\$80   \$65 RD	ages 5–7
Flah Park	Th	4:45–5:30 pm	Oct 15–Nov 19	<i>Food</i>	\$80   \$65 RD	ages 5–7

### Exploring Spanish <<NEW!>>

In this Spanish class, your child will learn how to use full sentences to communicate what they like and how to ask questions in Spanish. They will learn the Spanish alphabet and the sounds of each letter so that they are able to accurately pronounce the new words they see. **INSTRUCTOR:** Solorzano Academy

Flah Park	Th	5:30–6:30 pm	Aug 27–Oct 1	\$70   \$55 RD	ages 8–11
Flah Park	Th	5:30–6:30 pm	Oct 15–Nov 19	\$70   \$55 RD	ages 8–11

## Kids Night Out

### Kids Night Out! <<NEW!>>

Hey kids! Leave the parents at home and join us for a fun Friday night! Join the staff of Joyner Park Community Center to get into the spirit at Kids Night Out – Holiday Edition. During this three-hour event you will enjoy, crafts, games, more games and loads of fun! And yes, pizza will be served! Tell your friends! The more the merrier!

**INSTRUCTOR:** JPCC Staff

JPCC	F	6:00–9:30 pm	Dec 4	<i>Holiday Fun</i>	\$30   \$15 RD	ages 5–10
JPCC	F	6:00–9:30 pm	Feb 5	<i>Valentines Day</i>	\$30   \$15 RD	ages 5–10



# ADULT

## PROGRAMS & CLASSES



### Art

#### Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Welcome to the art world! Materials supplied by students. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	1:00–3:00 pm	Aug 4–Sep 8	\$95   \$80 RD	ages 17+
Flah Park	Tu	1:00–3:00 pm	Sep 22–Oct 27	\$95   \$80 RD	ages 17+
Flah Park	Tu	1:00–3:00 pm	Nov 10–Dec 15	\$95   \$80 RD	ages 17+
Flah Park	Tu	1:00–3:00 pm	Jan 12–Feb 16	\$95   \$80 RD	ages 17+

#### Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Must have completed Beginners class. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	10:00 am–12:30 pm	Aug 5–Sep 9	\$95   \$80 RD	ages 17+
Flah Park	W	10:00 am–12:30 pm	Sep 23–Oct 28	\$95   \$80 RD	ages 17+
Flah Park	W	10:00 am–12:30 pm	Nov 11–Dec 16*	\$95   \$80 RD	ages 17+
Flah Park	W	10:00 am–12:30 pm	Jan 13–Feb 17	\$95   \$80 RD	ages 17+

\*No class Nov 11, class will be held Nov 9

#### Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. All students must be approved by instructor. Let's paint a masterpiece! Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	10:00 am–12:30 pm	Aug 4–Sep 8	\$95   \$80 RD	ages 17+
Flah Park	Tu	10:00 am–12:30 pm	Sep 22–Oct 27	\$95   \$80 RD	ages 17+
Flah Park	Tu	10:00 am–12:30 pm	Nov 10–Dec 15	\$95   \$80 RD	ages 17+
Flah Park	Tu	10:00 am–12:30 pm	Jan 12–Feb 16	\$95   \$80 RD	ages 17+

#### Watercolor: Creative Techniques, Beautiful Light

Introduction to a variety of watercolor painting techniques and innovative ways to use them. Participants will be able to create beautiful paintings by exploring step by step landscapes. Nature studies and special lighting effects. **INSTRUCTOR:** Christine Pecore

JPCC	Tu	6:30–8:30 pm	Sep 8–Oct 13	\$100   \$85 RD	ages 16+
JPCC	W	9:30–11:30 am	Sep 9–Oct 14	\$100   \$85 RD	ages 16+
JPCC	Tu	6:30–8:30 pm	Oct 27–Dec 8*	\$100   \$85 RD	ages 16+
JPCC	W	9:30–11:30 am	Oct 28–Dec 9*	\$100   \$85 RD	ages 16+
JPCC	Tu	6:30–8:30 pm	Jan 12–Feb 16	\$100   \$85 RD	ages 16+
JPCC	W	9:30–11:30 am	Jan 13–Feb 17	\$100   \$85 RD	ages 16+

\*No class Nov 3, 11

#### Scrapbooking <NEW!>

Crafters will enjoy creating a scrapbook from start to finish using paper, adhesives, and embellishments. The mini album will be completed with the exception of the crafter's personal pictures. Supplies will be provided. **INSTRUCTOR:** Elaine Pelletier-Brown



Flah Park	Tu	6:30–9:30 pm	Sep 15–Oct 6	\$75   \$60 RD	ages 16+
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## Beginners Stained Glass



Learn how to make beautiful stained glass artwork. In the beginner's class, students will learn to develop and use a pattern, select and cut glass, fit individual pieces to the pattern shape, apply copper foil and solder a stained glass panel. Supplies are included but students are responsible for purchasing their own tools in advance of the first class. Tools list will be provided by instructor. **INSTRUCTOR:** Gary Steimle

Ren Ctr	Th	10:00 am-12:00 pm	Sep 17-Oct 22	\$135*	ages 18+
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*\*Veteran scholarships available, contact [dhorton@wakeforestnc.gov](mailto:dhorton@wakeforestnc.gov) to apply*

## Intermediate Stained Glass

Build on the fundamentals learned in the beginners class as well as receive specific mentoring on completion of a project that you select. Also, learn how to repair panels with cracked pieces, installation of a panel in a home window and development of a pattern from a photograph. Students are responsible for all supplies and materials for their project. Grinders and other necessary power cutting tools will be available during the class. **INSTRUCTOR:** Gary Steimle

Ren Ctr	Th	12:30-2:30 pm	Sep 24-Oct 15	\$75*	ages 18+
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*\*Veteran scholarships available, contact [dhorton@wakeforestnc.gov](mailto:dhorton@wakeforestnc.gov) to apply*

## Photography

### Mindful Photography ◀NEW!▶

Mindful Photography is for those who are open to exploring photography as a meditative practice to cultivate peace, inspire creativity and relieve stress. This class will integrate mindfulness with photography to help you see your camera as a self-care tool to quiet a busy mind and counter-balance the negative stress of fast-paced modern life. Experience mindful photography exercises, nature walks, journaling, image sharing, and self-care discussions. **INSTRUCTOR:** Tonya Peele



JPCC	Th	7:15-8:15 pm	Sep 10-Oct 1	\$55   \$40 RD	ages 18+
JPCC	Th	7:15-8:15 pm	Oct 29-Nov 19	\$55   \$40 RD	ages 18+
JPCC	Th	7:15-8:15 pm	Jan 28-Feb 18	\$55   \$40 RD	ages 18+

*\* Day of drop-in fee is \$17 (\$13 RD), please call ahead to ensure session is occurring*



## Martial Arts

### Martial Arts

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including- breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. **NATIONAL CERTIFIED INSTRUCTOR:** 8th Degree, Grand Master R. Berger

WFCH	Tu/Th*	7:00-8:00 pm	Sep 1-29	\$55 mo   \$40 mo RD	ages 18+
WFCH	Tu/Th*	7:00-8:00 pm	Oct 8-29	\$55 mo   \$40 mo RD	ages 18+
WFCH	Tu/Th*	7:00-8:00 pm	Nov 3-24**	\$55 mo   \$40 mo RD	ages 18+
WFCH	Tu/Th*	7:00-8:00 pm	Dec 1-29**	\$55 mo   \$40 mo RD	ages 18+
WFCH	Tu/Th*	7:00-8:00 pm	Jan 5-28	\$55 mo   \$40 mo RD	ages 18+
WFCH	Tu/Th*	7:00-8:00 pm	Feb 2-25	\$55 mo   \$40 mo RD	ages 18+

*\* No class held the first Thursday of every month  
\*\*No class Nov 24, Dec 24*

### Japanese Swordsmanship

Suio-ryu Iai Kenpo encompasses a broad variety of techniques including pure Iai-jutsu drawing techniques (long sword), semi-armored grappling techniques called kogusoku, jojutsu (short staff), paired sword forms called kumi-iai, naginatajutsu (halberd), pure kenpo (kenjutsu) sword forms, and wakizashi (short sword) techniques. Individuals start training with a wooden sword and plastic sheath (bokken/saya) learning the techniques. As a student progresses in their understanding, they will be introduced to the pair practice techniques of the long sword, short sword, short staff and naginata (halberd). These are choreographed movements designed to explore the timing and distancing required by the particular weapon. The technique is practiced with control to maximize the learning process and prevent any direct contact. These techniques are always practiced with wooden weapons. **INSTRUCTOR:** Britt Nichols, Shomokuroku - Suio-ryu Iai Kenpo

WFCH	W	7:00-9:00 pm	Sep-Feb	\$55   \$40 RD	ages 18+*
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*\*Participants under age 18 may be permitted with prior approval of the instructor ([sunehishigi@gmail.com](mailto:sunehishigi@gmail.com))*

## Beginner Taekwondo

This beginner class covers simple self-defense techniques, all while aiding in building self-confidence! The benefit for younger participants will be developing concentration and focus, while the young at heart will find an increase in fitness levels! Adults will benefit by improving flexibility, strength, muscle tone, and an overall greater discipline. Additional \$50 fee paid to instructor for uniform and T-shirt at first class.

**INSTRUCTOR:** CORE Taekwondo Performance Center

JPCC	Th	6:10-7:00 pm	Sep 3-24	\$80   \$65 RD	ages 7+
JPCC	Th	6:10-7:00 pm	Oct 1-Nov 5*	\$80   \$65 RD	ages 7+
JPCC	Th	6:10-7:00 pm	Nov 12-Dec 10*	\$80   \$65 RD	ages 7+
JPCC	Th	6:10-7:00 pm	Jan 7-28	\$80   \$65 RD	ages 7+
JPCC	Th	6:10-7:00 pm	Feb 4-25	\$80   \$65 RD	ages 7+

\*No class Oct 15, 22, Nov 26

## Dance

### Line Dancing

Do you love to dance and meet new friends? Then Line Dancing is for you. No experience needed. We will be dancing to all types of music while learning basic beginner dance steps. Line Dancing is great for your mind, body and soul. Come join the fun. **INSTRUCTOR:** Sue Jennings

JPCC	W	6:00-7:00 pm	Sep 9-30	\$50   \$40 RD	ages 16+
JPCC	W	6:00-7:00 pm	Oct 7-Nov 4	\$50   \$40 RD	ages 16+
JPCC	W	6:00-7:00 pm	Nov 18-Dec 16*	\$50   \$40 RD	ages 16+
JPCC	W	6:00-7:00 pm	Jan 6-27	\$50   \$40 RD	ages 16+
JPCC	W	6:00-7:00 pm	Feb 3-24	\$50   \$40 RD	ages 16+

\*No class Nov 25

\*\* Day of drop-in fee is \$17 (\$13 RD), please call ahead to ensure session is occurring



## Fitness

### Yoga – All Level

Explore calming and centering your breath, moving energy throughout your body, moderate easy flow (with beginner and power options offered), gentle stretches and finish with an extended meditation. Learn coping skills for stress. Join us on your lunch hour or before school pick up! Please bring an open mind and yoga mat. **INSTRUCTOR:** Allison Mercurio RYT

Flah Park	Tu	12:30-1:30 pm	Sep 8-29	\$47   \$32 RD	ages 16+
Flah Park	Tu	12:30-1:30 pm	Oct 6-27	\$47   \$32 RD	ages 16+
Flah Park	Tu	12:30-1:30 pm	Nov 10-24	\$39   \$24 RD	ages 16+
Flah Park	Tu	12:30-1:30 pm	Dec 1-15	\$39   \$24 RD	ages 16+
Flah Park	Tu	12:30-1:30 pm	Jan 12-Feb 2	\$47   \$32 RD	ages 16+

\*Day of drop-in fee is \$15 (\$10 RD) per class, please call to confirm session is occurring

### Chair Yoga <<NEW!>>

Chair yoga is a gentle form of yoga to relax tense muscles, increase flexibility, stabilize joints and strengthen the body while sitting on a chair or standing using the chair for support. Explore calming and centering your breath, moving energy throughout your body, easy seated flow, gentle stretches and meditation. It is beneficial for people with limited mobility. **INSTRUCTOR:** Allison Mercurio RYT

WFCH	W	9:00-10:00 am	Sep 9-23	\$45   \$30 RD	ages 18+
WFCH	W	9:00-10:00 am	Oct 7-21	\$45   \$30 RD	ages 18+
WFCH	W	9:00-10:00 am	Jan 13-27	\$45   \$30 RD	ages 18+

### Move It Move It Fitness Line Dance <<NEW!>>

This high energy, body moving class will include isolated workouts to tone and assist in weight loss, all while learning various line dances that will make you a hit on the dance floor! Don't miss out on this great opportunity for some fun me time! **INSTRUCTOR:** Monet Dance Performing Arts Studio

JPCC	Th	7:30-8:30 pm	Sep 3-Oct 8	\$65   \$50 RD	ages 18+
JPCC	Th	7:30-8:30 pm	Oct 29-Dec 10*	\$65   \$50 RD	ages 18+
JPCC	Th	7:30-8:30 pm	Jan 7-Feb 11	\$65   \$50 RD	ages 18+

\* No class Nov 26

\*\* Day of drop-in fee is \$13 (\$10 RD)

# ADULT

## Bollywood Dance Fitness <<NEW!>>

Fitness class based on fusion dance genre that is lyrical story-telling, blending folk forms of India with pop culture dance moves to upbeat music. Potential of costumed stage interactives for participants. Enjoy the fast paced variety of expressions and movements. Get a bit of sweat happening! **INSTRUCTOR:** Priya Chellani

Flah Park	Sa	12:00-1:00 pm	Sep 5-Oct 10	\$75   \$60 <b>RD</b>	ages 18+
Flah Park	Sa	12:00-1:00 pm	Oct 17-Nov 21	\$75   \$60 <b>RD</b>	ages 18+
Flah Park	Sa	12:00-1:00 pm	Dec 5-Jan 23*	\$35   \$20 <b>RD</b>	ages 18+
Flah Park	Sa	12:00-1:00 pm	Jan 30-Feb 27	\$35   \$20 <b>RD</b>	ages 18+

\*No class Dec 26, Jan 2

## REFIT® Fitness <<NEW!>>

REFIT® is a positive fitness experience that fits everybody. The REFIT® experience pairs powerful fitness-based movements with positive music for a cardio-focused workout that is challenging, effective, and fun for everyone. REFIT® is perfect for every fitness level, and strives to make your fitness journey fun. **INSTRUCTOR:** Mallory Simpson

JPCC	Th	6:00-7:00 pm	Sep 10-Oct 8	\$47   \$32 <b>RD</b>	ages 14+
JPCC	Th	6:00-7:00 pm	Oct 29-Dec 10*	\$47   \$32 <b>RD</b>	ages 14+
JPCC	Th	6:00-7:00 pm	Jan 7-Feb 4*	\$40   \$25 <b>RD</b>	ages 14+
JPCC	Th	6:00-7:00 pm	Feb 11-Mar 11*	\$40   \$25 <b>RD</b>	ages 14+

\* No class Nov 19, 26, Jan 28, Feb 25

\*\* Day of drop-in fee is \$10 (\$8 **RD**), please call ahead to ensure session is occurring

## Tai Chi for Beginners <<NEW!>>

A basic introduction to Tai Chi movement with a focus on breathing and gentle, fluid and slow body movements. This practice is excellent for calming the busy mind and suitable for all fitness levels! Tai Chi is a tonic for the body, mind and spirit. **INSTRUCTOR:** Orianna Nienan



JPCC	Tu	7:00-7:45 pm	Sep 1-22	\$63   \$48 <b>RD</b>	ages 16+
JPCC	Tu	7:00-7:45 pm	Sep 29-Oct 27*	\$63   \$48 <b>RD</b>	ages 16+
JPCC	Tu	7:00-7:45 pm	Nov 3-24	\$63   \$48 <b>RD</b>	ages 16+
JPCC	Tu	7:00-7:45 pm	Jan 5-26	\$63   \$48 <b>RD</b>	ages 16+
JPCC	Tu	7:00-7:45 pm	Feb 2-23	\$63   \$48 <b>RD</b>	ages 16+

\* No class Oct 13

\*\* Day of drop-in fee is \$20 (\$15 **RD**), please call ahead to ensure session is occurring



## Strength & Strollers <<NEW!>>

This mommy or dad and me class is designed to allow moms and dads to participate in an exercise program, along with interacting with their kiddos and other parents. Class is 45 minutes, with the majority of the class including cardio and body weight/band strengthening while entertaining the kids by moving around the facility or park (weather permitting). The last 10 minutes will include an activity that all can enjoy! Strollers are required. **INSTRUCTOR:** Danielle Vaughan

JPCC	Tu	10:00-10:45 am	Sep 8-29	\$55   \$40 <b>RD</b>	ages 18+
JPCC	Tu	10:00-10:45 am	Oct 6-27	\$55   \$40 <b>RD</b>	ages 18+
JPCC	Tu	10:00-10:45 am	Nov 3-24	\$55   \$40 <b>RD</b>	ages 18+
JPCC	Tu	10:00-10:45 am	Jan 5-26	\$55   \$40 <b>RD</b>	ages 18+
JPCC	Tu	10:00-10:45 am	Feb 2-23	\$55   \$40 <b>RD</b>	ages 18+

\* Day of drop-in fee is \$17 (\$13 **RD**), please call ahead to ensure session is occurring

## Wake-Up Workout Boot Camp <<NEW!>>

Get your week started off right with a Wake-Up workout on Tuesday morning! What better way to start your day AND week! You will go through a series of exercises such as pushups, bear crawls, jump squats, burpies and more! Grab a partner and get your day started with this boot camp style fitness class! Classes will be outside in the park with some use of the indoor facility. **INSTRUCTOR:** Cortney Ringsdorf

JPCC	Tu	6:30-7:15 am	Sep 1-Oct 13*	\$80   \$65 <b>RD</b>	ages 18+
JPCC	Tu	6:30-7:15 am	Oct 20-Nov 24	\$80   \$65 <b>RD</b>	ages 18+
JPCC	Tu	6:30-7:15 am	Dec 1-22	\$58   \$43 <b>RD</b>	ages 18+
JPCC	Tu	6:30-7:15 am	Jan 12-Feb 16	\$80   \$65 <b>RD</b>	ages 18+
JPCC	Tu	6:30-7:15 am	Feb 23-Mar 16	\$58   \$43 <b>RD</b>	ages 18+

\* No class Sep 22

\*\* Day of drop-in fee is \$18 (\$14 **RD**), please call ahead to ensure session is occurring

## Zumba

Ditch the workout and join the party! Come out and join us for a workout like none other! We will teach you steps to popular dances like salsa, merengue, cumbia, reggaeton, hip-hop, belly dancing and more. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Moves are catered to all experience levels. **INSTRUCTOR:** Neltonia Prince

JPCC	Sa	9:00-10:00 am	Sep 12-Oct 3	\$35   \$20 RD	ages 18+
JPCC	M	6:30-7:30 pm	Sep 14-Oct 5	\$35   \$20 RD	ages 18+
JPCC	Sa	9:00-10:00 am	Oct 17-Nov 7	\$35   \$20 RD	ages 18+
JPCC	M	6:30-7:30 pm	Oct 19-Nov 16	\$40   \$25 RD	ages 18+
JPCC	Sa	9:00-10:00 am	Nov 14-Dec 12*	\$35   \$20 RD	ages 18+
JPCC	M	6:30-7:30 pm	Nov 23-Dec 14	\$35   \$20 RD	ages 18+
JPCC	M	6:30-7:30 pm	Jan 4-Feb 1*	\$35   \$20 RD	ages 18+
JPCC	Sa	9:00-10:00 am	Jan 9-30	\$35   \$20 RD	ages 18+
JPCC	Sa	9:00-10:00 am	Feb 6-27	\$35   \$20 RD	ages 18+
JPCC	M	6:30-7:30 pm	Feb 8-Mar 1	\$35   \$20 RD	ages 18+

\*No class Nov 28, Jan 18

\*\*Day of drop-in fee is \$10 (\$7 RD), please call ahead to ensure session is occurring

## Barre Fit <<NEW!>>

Barre Fit is a great blend of low impact class that will tone and strengthen your muscles, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, abs, and arms. The emphasis on proper alignment, balance, and core engagement means the class moves at a slower pace, but you'll feel the burn thanks to moves that target specific muscle groups. Please bring a yoga mat and water bottle. **INSTRUCTOR:** Cortney Ringsdorf



JPCC	M	6:00-6:45 pm	Sep 14-Oct 12*	\$55   \$40 RD	ages 18+
JPCC	M	6:00-6:45 pm	Oct 19-Nov 9	\$55   \$40 RD	ages 18+
JPCC	M	6:00-6:45 pm	Nov 16-Dec 7	\$55   \$40 RD	ages 18+
JPCC	M	6:00-6:45 pm	Jan 4-Feb 1*	\$55   \$40 RD	ages 18+
JPCC	M	6:00-6:45 pm	Feb 8-Mar 1	\$55   \$40 RD	ages 18+

\*No class Sep 21, Jan 18

\*\*Day of drop-in fee is \$17 (\$13 RD), please call ahead to ensure session is occurring

## Culinary

### Butter Chicken <<NEW!>>

Butter chicken is a favorite Indian dish for many. It has the perfect amount of spices and not overly spicy. Basmati rice and naan from scratch will be a delicious addition to round out the meal. **INSTRUCTOR:** Michelle Motley

JPCC	F	12:00-2:30 pm	Sep 11	\$55   \$40 RD	ages 15+
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### Dumpling Making

Learn the art of dumpling making. This class will consist of making two fillings, practicing on different pleating techniques and how to cook the dumplings you made. Plan to take some home to share with your friends and family! **INSTRUCTOR:** Michelle Motley

JPCC	M	12:00-2:30 pm	Sep 14	\$55   \$40 RD	ages 15+
JPCC	M	12:00-2:30 pm	Oct 5	\$55   \$40 RD	ages 15+
JPCC	M	12:00-2:30 pm	Nov 2	\$55   \$40 RD	ages 15+
JPCC	M	12:00-2:30 pm	Jan 4	\$55   \$40 RD	ages 15+
JPCC	M	12:00-2:30 pm	Feb 1	\$55   \$40 RD	ages 15+

### Adult Cooking Fun! <<NEW!>>

Do you like to entertain, cook or just like the pleasure of good food? Our adult cooking classes will entertain your palate with a variety of cuisines for the novice and experienced cooks alike! Learn to cook with ease, speed and variety while enjoying various entrées. **INSTRUCTOR:** Pinnacle Culinary Arts

JPCC	Tu	10:30 am-12:30 pm	Sep 22	Poached Salmon	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Oct 13	Beef Medallion	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Oct 27	Creole Chicken	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Nov 10	Jerk Chicken	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Dec 1	Lemon Chicken	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Jan 12	Moroccan Chicken	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Jan 26	Scallops St. Jacques	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Feb 9	Chicken Picata	\$50   \$35 RD	ages 15+
JPCC	Tu	10:30 am-12:30 pm	Feb 23	Poached Salmon	\$50   \$35 RD	ages 15+

## Pasta 101

Now is your chance to make fresh pasta! Then turn your homemade creations into two wonderful dishes – ricotta ravioli and linguine tossed in red sauce. **INSTRUCTOR:** Michelle Motley

JPCC	F	12:00-2:00 pm	Oct 2	\$50   \$35 RD	ages 15+
JPCC	F	12:00-2:00 pm	Jan 8	\$50   \$35 RD	ages 15+

## Shrimp & Grits <<NEW!>>

Shrimp and grits is a southern favorite dish that can be found on the menu for breakfast, brunch, lunch and dinner. Learn how to make the creamiest grits along with the perfect shrimp to impress your family and friends. **INSTRUCTOR:** Michelle Motley

JPCC	F	12:00-1:30 pm	Nov 6	\$45   \$30 RD	ages 15+
JPCC	F	12:00-1:30 pm	Feb 5	\$45   \$30 RD	ages 15+

## Food Prep Saturdays

Ever thought of food prepping on Saturday for entire week? Learn how to prepare lunches for an entire week so you can keep your healthy eating on track. **INSTRUCTOR:** Stacey Schmidt

JPCC	Sa	10:00-11:30 am	Sep 26	\$50   \$35 RD	ages 16+
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## Bake & Take Casseroles for Beginners

Looking to get into cooking but need a place to start? Learn how to blend premade with homemade for a hearty family meal. You will get to take them home to share with your family! **INSTRUCTOR:** Stacey Schmidt

JPCC	Sa	11:00 am-12:30 pm	Oct 10	<i>French Onion Beef</i>	\$50   \$35 RD	ages 16+
JPCC	Sa	11:00 am-12:30 pm	Feb 20	<i>Homemade Mac &amp; Cheese</i>	\$50   \$35 RD	ages 16+

## Instant Pot for Beginners

Have you bought an Instant Pot but scared to take it out of the box? Learn the basics of how to use your instant pot and even make a couple of things. We will try our hand at shredded taco chicken with rice and beans. Make sure that you bring your Instant Pot with you, all other materials provided! **INSTRUCTOR:** Stacey Schmidt

JPCC	Sa	11:00 am-12:30 pm	Jan 23	\$50   \$35 RD	ages 16+
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## Esports

Competitive gaming, or Esports, is one of the fastest growing entities in the youth sports world! Esports takes the games your children know and love and puts them in a competitive environment where they can grow their skills both as a gamer and as an athlete.

## Battle in the Forest – Esports Tournament <<NEW!>>

Want to play soccer with fast-paced cars? This inaugural tournament will feature the video game "Rocket League." The award-winning video game has been one of the most popular Esports games since its release in 2015. Get a group of friends together and make a team to compete in our exciting tournament. This tournament will be played online and live-streamed. An assortment of prizes will be given out to the top teams.



Online	Sa	2:00-8:00 pm	Aug 22	<i>Qualifiers</i>	\$5	ages 18+
Online	Su	2:00-8:00 pm	Aug 23	<i>Finals</i>	\$5	ages 18+

## eLeagues <<NEW!>>

Are you ready to compete at the next level? We are teaming up with Mission Control in our new eSports leagues! Download the free Mission Control app, select Wake Forest PRCR eLeagues and get ready to take your game to the next level. Each week you can schedule your game/s with your opponent. See detailed steps for game play on RecDesk ([wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)).

Online	Sep 7-Oct 12	<i>Madden 20</i>	<i>Xbox 1</i>	\$25	ages 18+
Online	Sep 7-Oct 12	<i>NBA 2K 20</i>	<i>PS4</i>	\$25	ages 18+
Online	Oct 19-Nov 23	<i>MLB The Show 20</i>	<i>PS4</i>	\$25	ages 18+
Online	Oct 19-Nov 23	<i>FIFA 20</i>	<i>Xbox 1</i>	\$25	ages 18+
Online	Jan 11-Feb 15	<i>Madden 20</i>	<i>PS4</i>	\$25	ages 18+
Online	Jan 11-Feb 15	<i>NBA 2K 20</i>	<i>Xbox 1</i>	\$25	ages 18+

## Management Workshops

### Leading a Team Upright

This workshop will share strategies that will assist mid-level managers and directors in understanding the importance of managing the work and not their team members in order to inspire and drive results. **INSTRUCTOR:** Aisha Pridgen

Flah Park	Sa	10:00 am-12:30 pm	Sep 27	\$40   \$25 RD	ages 21+
Flah Park	Sa	10:00 am-12:30 pm	Oct 25	\$40   \$25 RD	ages 21+
Flah Park	Sa	10:00 am-12:30 pm	Nov 29	\$40   \$25 RD	ages 21+
Flah Park	Sa	10:00 am-12:30 pm	Jan 31	\$40   \$25 RD	ages 21+

## Creative Teaching Workshop Series

### Arts Integration Professional Development for Educators

#### Student Studio: Letter & Learn

With strategic planning, teachers and students can celebrate content with bubble letters, doodling and colorful expressions of ideas as meaningful learning tools. From engagement to assessments, hand lettering and illustrations can be an enjoyable component of data-driven instruction. In this workshop, teachers will explore the integration of sketch notes as a regular classroom strategy while learning basic hand lettering skills that can be used in and outside of the classroom. **INSTRUCTOR:** Lizzie Casey

Ren Ctr	Th	7:00-8:30 pm	Sep 24	\$10*	ages 18+
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\* All materials included

#### Student Studio: Songwriting

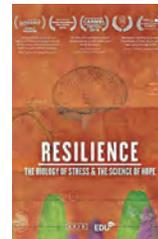
This workshop is built for the musically inclined teacher as well as the teacher who is still learning to carry a tune in a bucket. Teachers will use and create resources such as rubrics, songwriting guides, and vertical planning tools that allow students to engage with curriculum in meaningful and memorable ways. **INSTRUCTOR:** Lizzie Casey

Ren Ctr	Sa	9:00 am-12:30 pm	Nov 14	\$16*	ages 18+
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\* All materials included

#### Understanding Toxic Stress

Toxic stress is an epidemic amongst children and adults. We are beginning to discover just how serious this issue is in our nation. Join us for a free community screening of the documentary *Resilience*, followed by a discussion on ways to better understand and apply what we have learned. *Resilience* is an award-winning documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress. For more information on the film visit [kpfjfilms.co/resilience](http://kpfjfilms.co/resilience). If you have already seen the film, you are welcome to join our discussion beginning at 10:30 am. **INSTRUCTOR:** Write, Speak, Inspire, LLC



Ren Ctr	Sa	9:00 am-12:30 pm	Apr 10	free	ages 18+
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#### 2021 Creative Teaching (Arts in Education) Conference

This conference is designed to provide a professional learning experience for educators and provide teacher learning objectives correlated to the NC Professional Teaching Standards. This full day conference is focused on providing educators with practical tools to enhance their classroom experience, personal development and professional growth. **INSTRUCTORS:** Write, Speak, Inspire, LLC and Lizzie Casey

Ren Ctr	Sa	8:30 am-2:30 pm	Mar 20	\$23*	ages 18+
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\* Includes all materials, light breakfast and lunch



# SPECIALIZED

## & INCLUSION PROGRAMS

### Specialized Programs

#### Club Connect

Join us once a month for socialization, activities and fun! Participants will be provided with the opportunity to socialize with peers, play games, be creative, and plan activities based on input from the group. Participants must be able to perform self-care routines independently and can bring a buddy if necessary. Don't miss out on all the excitement!

JPCC	Th	5:30-7:30 pm	Sep 24	free	ages 15+
JPCC	Th	5:30-7:30 pm	Oct 15	free	ages 15+
JPCC	Th	5:30-7:30 pm	Nov 19	free	ages 15+
JPCC	Th	5:30-7:30 pm	Dec 17	free	ages 15+
JPCC	Th	5:30-7:30 pm	Jan 28	free	ages 15+
JPCC	Th	5:30-7:30 pm	Feb 18	free	ages 15+

#### Drama: Improv to Improve

A fun filled approach to developing improved social skills, personal interactions, self-confidence and the art of compromise through role play, expression & emotion charades, face-to-face communication and life experience skits. **INSTRUCTOR:** Roseann McFadden

JPCC	Tu	6:00-7:00 pm	Sep 22-Oct 27	\$60*	ages 12+
JPCC	Tu	6:00-7:00 pm	Jan 12-Feb 16	\$60*	ages 12+

*\*Pre-registration required, late fee assessed after deadline*

#### Creative Writing

This program is designed to promote written expression of true life events, interests, relationships and goals through creative short stories, shared in a social setting.

**INSTRUCTOR:** Roseann McFadden

JPCC	Tu	7:00-8:00 pm	Sep 22-Oct 27	\$60*	ages 16+
JPCC	Tu	7:00-8:00 pm	Jan 12-Feb 16	\$60*	ages 16+

*\*Pre-registration required, late fee assessed after deadline*



#### We Cook Wednesdays Cooking Class

Experience the fun of cooking! Participants will learn key food preparation techniques and work together to prepare a different dish every week. During each class we will discuss kitchen and food safety, nutrition, and planning. This is a hands-on participatory class. Come prepared to cook & taste! **INSTRUCTOR:** Gerry Corvo

JPCC	W	5:30-7:30 pm	Sep 16-Oct 21	\$60*	ages 15+
JPCC	W	5:30-7:30 pm	Jan 13-Feb 17	\$60*	ages 15+

*\*Pre-registration required, late fee assessed after deadline*

#### Mix It Up Baking Class

Learn and practice baking skills. Participants will learn basic baking skills and work together to create muffins, quick breads, and cookies. During each class we will discuss kitchen and food safety, nutrition and planning. This is a hands-on participatory introductory class. **INSTRUCTOR:** Gerry Corvo

JPCC	M	5:30-7:30 pm	Oct 26-Nov 16	\$35*	ages 10-15
JPCC	M	5:30-7:30 pm	Jan 11-Feb 8	\$35*	ages 10-15

*\*Pre-registration required, late fee assessed after deadline*

#### Abilities Choir

Want the opportunity to show off your talents? Come join our inclusive choir and learn about different choral techniques and types of music. This choir includes individuals of all ability levels and provides an outlet for creative expression. Practices will be held every other Thursday. **DIRECTOR:** Kasie Brooks

virtual	Th	6:00-7:00 pm	Sep 3-Dec 10	\$50*	ages 10+
Ren Ctr	Th	6:00-7:00 pm	Jan 7-May 6	\$50*	ages 10+

*\*Pre-registration required, late fee assessed after deadline*

# SPECIALIZED SERVICES

## Inclusion Services

The Town of Wake Forest's Parks, Recreation, & Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with special needs to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz at [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov) or 919-435-9559.

## What is a reasonable modification?

Reasonable modifications are additional supports and resources used to help aid a person with a disability to participate in any program. These resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, or additional support staff. The ADA does not require the Town of Wake Forest to take any action that would fundamentally alter the nature of its programs or services, compromise the safety of participants, or impose an undue financial or administrative burden.

For questions or program ideas, please contact Recreation Specialist Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-435-9559.

## Community Resources for Specialized Services

Abilities Tennis of NC .....	919-606-4917
Alliance Behavioral Healthcare (24-hr access) .....	800-510-9132
Alliance of Disability Advocates - Center for Independent Living .....	919-833-1117
The ARC of the Triangle .....	919-832-2660
A Small Miracle Inc. ....	919-900-4422
Autism Society of NC - Wake Co. Chapter .....	800-442-2762
Brain Balance Achievement Center of Wake Forest .....	919-554-4622
East Point Prosthetics & Orthotics .....	919-844-7897
GiGi's Playhouse .....	919-307-3952
NC ABLE .....	919-814-4000
North Carolina Special Olympics .....	919-719-7662
Special Olympics Wake County .....	919-996-2111
Triangle Behavioral & Educational Solutions .....	919-449-8345
Triangle Down Syndrome Network .....	919-803-0515
Wake County Human Services .....	919-212-7000
Wake Forest Dream League .....	919-556-7093
WCPSS - Family & Community Connections .....	919-431-7334



## Rhythm Kids Drumming <<NEW!>>

Group drumming has proven biologic impact to reduce anxiety and stress, boost the immune system, constructively express emotions, foster inclusion, and promote creativity. AND it's SUPER FUN! Drums are provided by instructor. No experience necessary. Noise canceling headphones available upon request. **INSTRUCTOR:** Greg Whitt, Drum for Change.

JPCC	F	5:30-6:30 pm	Nov 13	\$10*	ages 10+
JPCC	F	5:30-6:30 pm	Jan 15	\$10*	ages 10+

*\*Pre-registration required, late fee assessed after deadline*

## Spirit League Basketball

Spirit League is a unifying, safe and inclusive place for special needs teens and young adults to play basketball, get physically active, and make new friends. Our program stands for acceptance, teamwork, skill development and fun. Spirit League will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all.

JPCC	F	5:30-7:00 pm	Sep 18-Oct 23	\$15*	ages 12+
JPCC	F	5:30-7:00 pm	Jan 8-Feb 12	\$15*	ages 12+

*\*Pre-registration required, late fee assessed after deadline*

## Abilities Tennis Clinics

Abilities Tennis clinics provide specialized instruction and practice for athletes, ages 8 and up. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills and fun games geared toward improving tennis skills. All experience levels – beginners, intermediate and advanced skills – are welcome. Coaches are able to adapt tennis for each individual so that all can join in the fun. **INSTRUCTOR:** Abilities Tennis NC

Heritage High Park	Sa	4:00-5:00 pm	Sep 12-Oct 24	free*	ages 8+
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*\*Pre-registration required, late fee assessed after deadline*

## Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! In partnership with Pediatric Therapy Associated, we will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	11:00 am-12:00 pm	ongoing*	free	18 mos-5 yrs
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*\*Please check website for most current open play calendar*



# SPECIALIZED

## Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-28.

STAFF CONTACT: Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-435-9559

<b>Registration:</b> Feb 1-28	Apr-June season	\$15*	ages 5+
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*\*Pre-registration required, late fee assessed after deadline*

## Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season.

STAFF CONTACT: Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-435-9559

<b>Registration:</b> Feb 1-28	Apr-June season	free*	ages 10+
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*\*Pre-registration required*

## Snowball Dance

Join us for a night in Winter Wonderland, complete with a DJ, refreshments, dancing, and fun! Come with friends or come make new ones! Chaperones will be available for supervision but participants can bring additional support if necessary.

WFCH	Sa	6:00-8:00 pm	Dec 12	\$15*	ages 10-30
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*\*Pre-registration required, late fee assessed after deadline*



DREAM LEAGUE SEASON OPENER

# ATHLETICS

YOUTH AND ADULT

## Youth Athletics

### YOUTH BASEBALL / SOFTBALL

#### Youth Baseball, Softball and T-Ball Leagues

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participants age on April 30, 2021. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

<b>Registration:</b> Feb 1-7: Residents Only Feb 8-21: Residents & Non-Residents Feb 22-28: Late Registration (all)	Mar-Jun season	\$100   \$60 RD	boys, ages 5-17 girls, ages 5-15
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#### Dream League Baseball

An adaptive baseball league for school-aged children with special needs. League games are played on Saturday mornings from late April through early June at Heritage High Park. Registration is held online only throughout the month of February. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093

<b>Registration:</b> Feb 1-28	Apr-Jun season	\$15*	ages 5+
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*\*\$10 late registration fee charged after Feb 28*

#### Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season.

<b>Registration:</b> Feb 1-28	Apr-Jun season	free	ages 10+
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### YOUTH BASKETBALL

#### Youth Basketball League

Team practices begin in late October-November. Games are played December-February. League age is determined by participant's age on Dec. 31, 2020. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> Sep 1-7: Residents Only Sep 8-21: Residents & Non-Residents Sep 22-30: Late Registration (all)	Oct-Feb season	\$100   \$60 RD	boys, ages 5-17 girls, ages 5-15
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#### Skills, Drills & Development Basketball Clinic

Improve on your baller's basic fundamentals and skills with this fun and challenging basketball clinic. This clinic is designed by JJ Miller to improve each player's game, build confidence, and help them have more fun with the game of basketball.

**INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	10:00-10:45 am	Sep 5-26	\$75   \$60 RD	ages 6-12
Flah Park	W	10:00-10:45 am	Oct 14-Nov 4	\$75   \$60 RD	ages 6-12
Flah Park	W	10:00-10:45 am	Nov 25-Dec 16	\$75   \$60 RD	ages 6-12
Flah Park	W	10:00-10:45 am	Jan 6-27	\$75   \$60 RD	ages 6-12
Flah Park	W	10:00-10:45 am	Feb 3-24	\$75   \$60 RD	ages 6-12

#### Networks Ball Handling Team ◀ NEW! ▶

Calling all boys and girls in grades 1-6! Want to learn to handle a basketball like a member of the Harlem Globetrotters? Unlike other programs, this character development program is wrapped in a basketball uniform! Participants will receive a ball handling notebook which includes drills and charting sheets to keep track of progress. This ball-handling experience creates an environment that challenges teammates to work hard, to work smart and to have fun. You will be showing off your ball-handling skills in no time! Performances will be in the Wake Forest area. Additional \$22 fee for uniform at first class. **INSTRUCTOR:** Networks Basketball

JPCC	Su	1:15-2:45 pm	Oct 4-Dec 20*	\$190   \$175 RD	ages 6-12
JPCC	Su	1:15-2:45 pm	Jan 10-Feb 28	\$165   \$150 RD	ages 6-12

*\*No class Nov 29*

## Joyner Park Community Center

The gymnasium at the new community center offers space for basketball, pickleball and open play.



## YOUTH TRACK & FIELD

### Track & Field

In this introduction to track and field, participants will learn proper running technique and gain experience in their choice of the following Olympic running events: 100, 200, 400, 800, 1500, 3000. Open to runners age 6-14 (age determined by age on Jan 1, 2021). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a T-shirt. **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy



WF Middle	Tu/Th	6:00-7:00 pm	Aug 4-Sep 10	\$100   \$85 RD	ages 6-14
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### Nike® Marathon Kids Run Club <NEW!>

Kidokinetics has partnered with Marathon Kids sponsored by Nike® to offer this running and fitness program for kids! Run/walk a full half marathon during the 8-week session or register for both sessions and kids will complete a full marathon! Work on proper running form, strength, flexibility, balance and coordination. Class builds confidence and discipline while helping kids to set and achieve goals! **INSTRUCTOR:** Kidokinetics

JPCC	Tu	4:45-5:30 pm	Sep 15-Nov 3	\$110   \$95 RD	ages 5-12
Flah Park	W	5:00-6:00 pm	Sep 16-Nov 4	\$110   \$95 RD	ages 5-12
JPCC	Tu	4:45-5:30 pm	Nov 17-Jan 19*	\$110   \$95 RD	ages 5-12
Flah Park	W	5:00-6:00 pm	Jan 6-Feb 24	\$110   \$95 RD	ages 5-12
JPCC	Tu	4:45-5:30 pm	both sessions (Sep 15-Jan 19*)	\$190   \$175 RD	ages 5-12
Flah Park	W	5:00-6:00 pm	both sessions (Sep 16-Feb 24*)	\$190   \$175 RD	ages 5-12

\*No class Dec 22, 23, 29, 30



The Better Sports for Kids Quality Program Provider designation was awarded to the Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) for 2019-20. Achieving this designation demonstrates that PRCR has undergone a review process and has shown a commitment to a safe, quality youth sports environment for the families we serve.

## Athletic League Registration

**YOUTH REGISTRATION:** **New players** must submit a copy of the participant's birth certificate. **Returning players** are not required to submit a birth certificate. ALL registration for youth leagues will be held online during the specified registration periods. Computer access will be available at Joyner Park Community Center and Wake Forest Town Hall should registrants need access.

**RESIDENT DISCOUNT (RD):** Youth athletic league participants will be charged \$100 at the time of registration. Residents who live within the town's limits are eligible for the discounted rate of \$60.

**ADULT REGISTRATION:** Register online at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com).

**REFUNDS:** Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that late registration fees, if paid, are non-refundable.



## CHEERLEADING

### Champions in Motion Cheerleading

Champions in Motion offers both recreational and competitive cheerleading programs for girls and boys ages 4-18. Our athletes begin with basic cheerleading skills and progress to more advanced techniques through cheers, dance routines, kicks, jumps, stunts and tumbling. Opportunities for advancement are available by age and skill level so everyone continues to advance. Each four-month session requires a one-time registration fee and participants can conveniently pay each week for practice time. **INSTRUCTOR:** Champions in Motion

Alst Mass	Tu	5:45-6:30 pm	Sep 1-Feb 2	\$9 / week*	ages 4-6
Alst Mass	Tu	6:30-7:15 pm	Sep 1-Feb 2	\$9 / week*	ages 7-9
Alst Mass	Tu	7:15-8:15 pm	Sep 1-Feb 2	\$12 / week*	ages 10-18

\*One-time \$11 registration fee required

## YOUTH & ADULT TENNIS

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WAFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit [wfata.usta.com](http://wfata.usta.com).

## SPRING 2021 Baseball, Softball & T-ball

### League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2015	2015	2015	2015	2015	2015	2015	2015	2016	2016	2016	2016	5
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	6
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	7
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	8
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	9
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	10
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	11
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	12
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	13
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	14
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	15
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	16
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.



### Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7	Rookie League (machine pitch)
Rookie League (machine pitch)	8	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	n/a
Senior League (15-17)	16	n/a
Senior League (15-17)	17	n/a

## WINTER 2020-21 Youth Basketball

### League Age

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	AGE
2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	5
2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	6
2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	7
2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	8
2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	9
2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	10
2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	11
2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	12
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	13
2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	14
2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	15
2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	16
2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.



**Rained Out**  
Sign up to receive  
game cancellation notices  
via text message.

RainedOut is a free notification program that allows you to receive a text message on your cellphone when games have been cancelled. To enroll for **Youth Baseball/Softball, Dream League, Adult Softball and Track & Field**, send a text to 84483 with the message "Fields 21". For the **Volleyball League**, send a text to 84483 with the message "VB2021". For **Youth Basketball and Spirit League**, send a text to 84483, with the message "BB2021".

### Volunteer Coaching

Volunteer coaches are valuable assets to Wake Forest athletic programs. These individuals demonstrate a selfless concern for the community as evidenced by their willingness to give of their time to help area children.

Opportunities are available to coach the following sports:

- basketball (November-February)
- volleyball (mid-May to late July)
- spring baseball, softball and t-ball (mid-March to late June)
- fall baseball/softball (mid-August through mid-October)

We strive to provide a safe environment for Wake Forest youth. Therefore, before a coach is permitted to participate in any of our youth leagues, he/she is required to annually complete and submit a background check consent form.

To inquire about coaching opportunities, contact Athletics & Aquatics Superintendent Edward Austin at 919-435-9562, [eaustin@wakeforestnc.gov](mailto:eaustin@wakeforestnc.gov) or Athletic Programs Specialist KP Kilpatrick [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov).

## Adult Athletics

### ADULT KICKBALL

#### Adult Co-Rec Kickball League

League play is scheduled to begin in mid-September, and games will be played on weeknights and Sundays throughout late October. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Aug 1-31	Sep-Oct season	\$225/team	ages 18+
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### ADULT SOFTBALL

#### Men's Spring Recreational Softball League

Games played Monday, Wednesday, Thursday beginning in mid-March. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Feb 1-28	Mar-Apr season	\$550/team	ages 18+
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#### Church Men's Softball League

Games will be played Monday, Tuesday, Thursday, Friday and Saturday, beginning in late April. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Mar 1-31	Apr-Jun season	\$550/team	ages 18+
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### ADULT PICKLEBALL

#### Pickleball Clinic – Beginner

Pickleball is considered one of the fastest-growing sports in the United States. It is a paddle sport that combines elements of tennis, badminton, and ping-pong, using a pickleball paddle and a whiffle-type ball. Pickleball allows you to work on your balance, reflexes, and hand-eye coordination without placing excessive strain on your body. This clinic will provide the basic skills for learning how to play the game. Participants will learn basic rules, court position, basic techniques, courtesy and safety on and off the courts. **INSTRUCTOR:** USAPA Pickleball Ambassadors

Flah Park	M	8:30-10:30 am	Sep 14-21	\$40   \$25 RD	ages 18+
Flah Park	M	8:30-10:30 am	Oct 5-12	\$40   \$25 RD	ages 18+
Flah Park	Th	6:30-8:30 pm	Oct 8-15	\$40   \$25 RD	ages 18+
Flah Park	M	8:30-10:30 am	Nov 9-16	\$40   \$25 RD	ages 18+
Flah Park	M	8:30-10:30 am	Jan 4-11	\$40   \$25 RD	ages 18+
Flah Park	M	8:30-10:30 am	Feb 1-8	\$40   \$25 RD	ages 18+
Flah Park	Th	6:30-8:30 pm	Feb 4-11	\$40   \$25 RD	ages 18+

#### Pickleball Clinic – Intermediate

Ready to improve your pickleball technique even more? Players who are already experienced with serving and rallying consistently but are looking to take their game to the next level, are invited to join in! Participate in targeted doubles drills designed to improve movement, shot selection, accuracy, power, consistency, and the all-important third shot drop. **INSTRUCTOR:** Troy Miller

JPCC	M	6:00-8:00 pm	Sep 14-21	\$65   \$50 RD	ages 16+
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Join a league as a free agent!

Adult men and women interested in playing softball or kickball – that do not have a team to play on – can sign up as a free agent. As a free agent, you'll be assigned to a team in need of players. To sign up as a free agent, fill out the form at [wakeforestnc.gov](http://wakeforestnc.gov) (search "free agent").

# RENAISSANCE CENTRE

FOR THE ARTS

THE SHOW MUST GO ON-LINE! The Renaissance Centre has taken an intermission but our second act will be stronger than ever! The theater has been dark for several months due to COVID-19 but we are pleased to announce once we reopen many of our shows will be LIVE-STREAMED. To learn more about our upcoming offerings, be sure to like us on Facebook and Instagram.



SOLE DEFINED'S VIBEZ  
FEB 19



THE LEGEND OF SLEEPY HOLLOW  
OCT 3

## Upcoming Events

### Forest Moon Theater presents Lobby Hero

*Written by Kenneth Lonergan.* The lobby of a Manhattan apartment building is the backdrop for a local murder investigation in this engaging dramatic comedy about a young security guard facing multiple moral dilemmas while trying to get his life back on track. At the same time, both his boss and his love interest wrestle with ethical issues of their own. Matters of love and loyalty collide with racial bias and sexism in the workplace, polarizing issues with laugh-out-loud moments to remind us how ridiculous and human we are. **CONTENT ADVISORY:** Rated R. Contains some strong language and adult subject matter.

Sep 11	7:30 pm	Renaissance Centre	<b>Advance:</b> \$15 individual, \$13 student/senior
Sep 12	3:00 pm	Renaissance Centre	<b>Day Of:</b> \$18 individual, \$16 student/senior
Sep 12	7:30 pm	Renaissance Centre	Season and flex passes available. Call the box office for information: 919-435-9458.
Sep 13	3:00 pm	Renaissance Centre	

### Happy Dan the Magic Man

Everyone laughs louder when Happy Dan is in the house! Children are quickly drawn into his tale of magical fantasy as they perform various feats of magic and more. The laughter never stops as Happy Dan struggles with his misbehaving props and the children fly to his rescue. The show will LiveStream on Facebook. Like us @WFRenaissanceCentre.

Sep 16, Oct 21, Nov 18, Dec 16	11:00 am	online	free
Jan 20, Feb 17, Mar 17	11:00 am	live at the Renaissance Centre	\$5

### Sons of Mystro

Have you ever been serenaded by a musical duo who plays over ten different genres of popular music, using the violin instead of their voices to literally express a song's lyrics? If not, then you must not have heard of the upcoming Violin Virtuoso's – Sons of Mystro! Reflecting their Caribbean roots, Sons of Mystro has played The Grace Jamaican Jerk Festival, Legends Easter Fest, One Love Reggae Fest, Reggae Dancehall Awards, and graced the same stage with reggae and dancehall veterans such as Marcia Griffiths, John Holt, Ken Boothe, Dobby Dobson, Freddie McGregor, Frankie Paul, Barrington Levy, and artists from the now generation such as Mr Vegas, Beenie Man, Romain Virgo, Etana. Many of these artists have expressed amazement at the depth and variety of Sons of Mystro musical selections and their innovative and artistic arrangements. "Our protégés, Sons of Mystro are an innovative musical force that is ready to take the world by storm." –Black Violin

Sep 17	7:30 pm	Renaissance Centre	\$12
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### The Legend of Sleepy Hollow

In this fun-filled retelling of Washington Irving's classic tale, the bumbling schoolmaster Ichabod Crane is in love with Katrina Van Tassel, the loveliest girl in town. Katrina, however, happens to be in love with the town prankster, Brom Bones. Crane refuses to give up, but his pursuit of Katrina finds him face to face with the legendary headless horseman on a stormy night – or is this just another prank by Brom Bones?

Oct 3	11:00 am	Renaissance Centre	free
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### Forest Moon Theater presents The Odd Couple

Written by Neil Simon. This classic comedy opens as a group of the guys assemble for their weekly poker game in the apartment of divorced Oscar Madison. And if the mess is any indication, it's no wonder that his wife left him. Late to arrive is Felix Unger who has just been separated from his wife. Fastidious, depressed and none too tense, Felix seems suicidal, but as the action unfolds Oscar becomes the one with murder on his mind when the clean-freak and the slob ultimately decide to room together with hilarious results.

Oct 23	7:30 pm	Renaissance Centre	<b>Advance:</b> \$15 individual, \$13 student/senior
Oct 24	3:00 pm	Renaissance Centre	<b>Day Of:</b> \$18 individual, \$16 student/senior
Oct 24	7:30 pm	Renaissance Centre	
Oct 25	3:00 pm	Renaissance Centre	

### Murder Mystery Dinner Theatre: Motivation for Murder

Welcome to an inspirational and motivational evening with the world-renowned motivational speaking team of Will N. Lighten and Knowie N. Lighten. You will be uplifted and encouraged as you hear their message of positive thinking and generous giving. However, you may notice discord and ill will which lead to murder. It will be up to you and your tables of fellow sleuths to discover who the killer is.

Oct 30	6:30 pm	Renaissance Centre	\$40 (includes dinner)*
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\*Special dietary needs please call the box office at 919-435-9458

### Mark Twain in Story & Song

Noted Mark Twain actor and monologist Don McNeill is joined by musicians Joe Newberry and April Verch in a program of Twain stories and traditional songs that gives a warm and colorful glimpse of life on the river. Don McNeill is a Mark Twain scholar and interpreter who has performed as the greatest American writer and humorist more than 100 times. Joe Newberry and April Verch showcase tunes, ballads, step dancing, and original songs by way of Canada and the Ozarks. With beautiful harmony singing, breathtaking instrumentals, and exquisite dancing, these two singular musicians hit the stage in perfect rhythm, making audiences remember why this music existed in the first place.

Nov 8	3:00 pm	Renaissance Centre	\$15
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SONS OF MYSTRO  
SEP 17





CELTIC ANGELS CHRISTMAS  
DEC 18-19

## Celtic Angels Christmas

Celtic Angels Christmas captivates audiences of all ages with the magic of Christmas in an awe-inspiring show which encompasses vocal and instrumental seasonal and Irish favorites along with spectacular world class champion Irish dancing. Celtic Angels Christmas features the beautiful vocal quintet Victoria Kenny, Emily Carroll, Tammy Browne, Amy Penston and Laura Mullane, all hail from Ireland. Combined with the stunning dance routines of the Celtic Knight Dancers featuring two former lead dancers of Riverdance, Patrick O'Mahoney and Blaine Donovan; this family show is a true holiday celebration of Christmas in Ireland.

Dec 18	7:30 pm	Renaissance Centre	\$25
Dec 19	3:00 pm	Renaissance Centre	\$25
Dec 19	7:30 pm	Renaissance Centre	\$25

## Forest Moon Theater presents Greater Tuna

*Written by Jason Williams, Joe Sears & Ed Howard.* What do Arles Struvie, Thurston Wheelis, Aunt Pearl, Petey Fisk, Phineas Blye, and Rev. Spikes have in common? In this hilarious send-up of small-town morals and mores, they are all among the up-standing citizens of Tuna, Texas. This long-running Off Broadway hit features a couple of actors creating the entire population of Texas' third smallest town in a tour de farce of quick-change artistry, doffing costumes and characters faster than a jack rabbit runs from a coyote. A barrel of laughs, y'all.

Jan 15	7:30 pm	Renaissance Centre	<b>Advance:</b> \$15 individual, \$13 student/senior <b>Day Of:</b> \$18 individual, \$16 student/senior
Jan 16	3:00 pm	Renaissance Centre	
Jan 16	7:30 pm	Renaissance Centre	
Jan 17	3:00 pm	Renaissance Centre	

## Meet Dr. King

*An 'Arts for All' Program.* Audiences of all ages will learn about key moments in the life of Dr. Martin Luther King Jr. from his childhood in Atlanta, Georgia and the important lessons passed down by his father, to some of his greatest moments as an inspiring leader. Meet Dr. King is the perfect introduction to an American hero and will inspire audiences to use peace, leadership and conflict resolution in their own schools and communities.

Feb 13	11:00 am	Alston-Massenburg Center 416 Taylor St	free
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## SOLE Defined's VIBEZ

SOLE Defined's mission is to use percussive dance to raise awareness about social and economic issues directly affecting people of color. SOLE Defined's VIBEZ takes us back to the roots of hip-hop where it began as an innovative sound, form of social protest, Afrocentric expression and a celebration of life.

Feb 19	7:00 pm	Renaissance Centre	\$12
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## Free Monthly Movie Showings

### First Friday Flix

Free movie showings on **Sep 4, Oct 2 and Nov 6 at 7 pm**. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

### fliX4kids

Free movie showings typically on the **second Monday of each month at 10:30 am**. Movies are geared for children ages 3-10. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

### Free at 3

Free movie showings typically on the **second Monday of each month at 3 pm** with closed caption screening. Movies are geared for ages 50+. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

## Renaissance Centre - Ticket Information

### PURCHASE TICKETS

Tickets for shows may be purchased at [wakeforestrecn.org](http://wakeforestrecn.org) or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458. **Ticket prices do not include tax.**

### STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting [wakeforestrecn.org](http://wakeforestrecn.org) and clicking on "Join our Mailing List."



**American Sign Language Interpretation:** For guests who are deaf or hard-of-hearing and use ASL as their primary means of communication, the Renaissance Centre will provide an interpreter for performances marked with this symbol. Please contact the box office at 919-435-9458 at least two weeks before the event to let us know that you will be joining us. Assistive Listening Devices are also available upon request for all Renaissance Centre events.

# Staying active is good for you.



The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

## AN INCLUSIVE APPROACH

The PRCR Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov).

## PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation. In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

## REGISTRATION

### Programs

Preregistration is required for all programs. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted. Online registration is accepted at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com) or at any PRCR staffed facility. Online registration closes two business days prior to the start of a program.

### Athletics

Athletic registration will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates. Visit [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). New youth participants will be prompted to submit a birth certificate.

### Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate in programs but may be assessed an additional non-resident fee.

## Program Refund Policy

Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10 business day period other than for verified medical/hardship cases.

## Risk & Liability

By registering for classes/programs or athletic leagues, participants and/or their guardians understand that participating in the activities may include the risk of injury. These risks include slips/trips/falls, musculoskeletal injuries, physical contacts with/actions of other participants, the inherent risks of inclement weather, accidents while traveling to and from events/activities, and equipment problems or failures, among others. By registering for classes/programs/athletics, the registrant/guardian is choosing for themselves and/or their child/children to participate in the selected programs despite the risks. Participant/guardian is aware of the Town of Wake Forest Release of Liability requirement for participation, and agrees to the terms set within (liability waiver is required prior to completion of registration).

## Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

## OPEN PLAY

### RecCard required

To participate in Open Play, you must obtain and show your RecCard. RecCards are required for any individual over the age of six participating in Open Play. Children five and under do not need a RecCard but they must be accompanied to Open Play by a parent or guardian. To get a RecCard, you must first create a new online registration account at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). RecCards are free. If you lose your RecCard, the charge to get a new one is \$5.





Town of Wake Forest  
Parks, Recreation & Cultural Resources Department  
301 S. Brooks Street  
Wake Forest, NC 27587

[wakeforestnc.gov/  
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## This is the final printed version of RecConnect that will be mailed.

Beginning in February 2021, RecConnect will be available online at [wakeforestnc.gov](http://wakeforestnc.gov). Printed copies will also be available at community centers and at Wake Forest Town Hall.

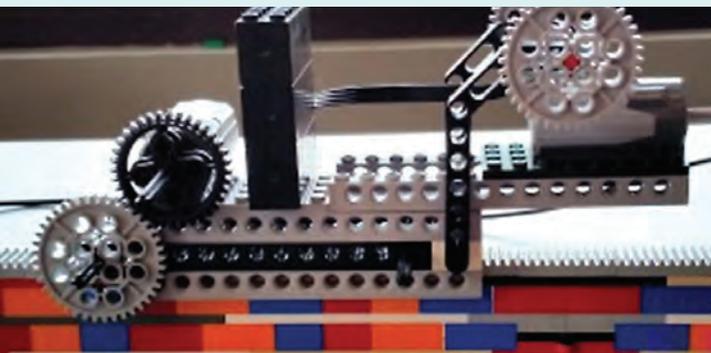
Look what's new for fall and winter! See inside for more new programs



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